



LLI Summer 2023 Catalog

Class: **23SU01** **Tudor Place and Dumbarton Oaks (1 Session)**

Enjoy an elegant Victorian tea party in the 1867 Dower House and an informative house tour, then travel up the road to Dumbarton Oaks and explore the famous gardens designed by Beatrix Farrand. Bus departs Green Spring Gardens, 4603 Green Spring Rd., Alexandria, at 11:00 a.m. and returns at 5:45 p.m. Fee includes motor coach, entrance, tea, and tour.

This trip is offered through the Fairfax County Park Authority. View the Spring Parktakes catalog:

<https://issuu.com/fcpa/docs/sp23-parktakes>, page 77. Parktakes registration is on a first come, first served basis. Maximum 35 participants. To register and pay for this trip: 1) go to the Fairfax County Parktakes website at: <https://fairfax.usdirect.com/FairfaxFCPAWeb/Activities/Search.aspx>; or 2) call Parktakes at 703 222-4664.

You will also need to register on the LLI website so we can get a head count of how many members are attending. Trip Leader is Carol Fagnani. **Fee: \$132, payable to Fairfax County Park Authority.**

Date/Time: Wed, May 31, 11:00 AM - 5:45 PM (Note time)

Location: Tudor Place and Dumbarton Oaks

Class Size: Min. 1, Max. 35

Coordinator: Carol Fagnani

Instructor: This event requires no instructor.

Class: **23SU02** **Meeting Older Men: Neanderthals and the Iceman (1 Session)**

Pursuing long-time interests in pre-history and archaeology, Bonnie Becker has visited museums in Germany that are part of the Ice Age Europe consortium and also paid a call on the Iceman in his own museum in Balzano, Italy. A recent Nobel Prize was awarded to Svante Paabo for his work in sequencing ancient DNA, a new tool in learning about our ancient ancestors. Older men are now "hot" and "cool"!

Date/Time: Wed, May 31, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **BONNIE BECKER**, a former high school history and geography teacher, was with the Fairfax County Public Schools Office of Human Relations for 27 years and has been an adjunct instructor for the University of Virginia. She currently teaches adult ESL with the Washington English Center.

Class: 23SU03 He Died As He Lived: The Death of George Washington (1 Session)

Throughout his life George Washington demonstrated a capacity to face danger with determination and to suffer hardship with dignity. At no time were these qualities more evident than in his final struggle on the morning of December 14, 1799, when, at age 67, George Washington was mortally stricken with a frightening illness at his Mount Vernon home. Though he would perish before the day was out, Washington demonstrated great physical courage throughout what quickly became a brutal struggle. In this final battle he scored his most personal victory and enduring legacy. Join us as Dr. Peter R. Henriques takes us to Mount Vernon on December 14, 1799, to witness the last day of George Washington, a man who died as he lived, with dignity, compassion, courage, and love for the country he served.

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

Location: Brightview Fair Oaks

Class Size: Min. 10, Max. 75

Coordinator: Richard Robison

Instructor: **PETER R. HENRIQUES** received his Ph.D. in history from the University of Virginia in 1971 and is professor of history, emeritus, at George Mason University. He taught American history and Virginia history with a special emphasis on the Virginia Founding Fathers, especially George Washington. He was recently awarded a George Washington Fellowship by Mount Vernon. Peter previously presented the Distinguished Lecture Series at Colonial Williamsburg. His books include: *First and Always: A New Portrait of George Washington*; *Realistic Visionary: A Portrait of George Washington*; and *The Death of George Washington*.

Class: 23SU05 World War I at the Front Line (1 Session)

This class will cover the combat experiences of the US soldiers during WWI, how women contributed during the war, the experiences of Blacks and Native Americans in military service, and the aftermath of the war on the home front.

Date/Time: Mon, Jun 5, 10:00-11:30 AM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

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. Her interest in local history has found an outlet through researching, writing, and speaking to community groups.

Class: 23SU06 Brain Health for Seniors (1 Session)

Join Dr. Mary Ann Keatley, Ph.D., CCC, and co-founder of the Brain Injury Hope Foundation (BIHF) in Colorado, and Joanne E. Cohen, M.A., CBIS, vice-president of BIHF for the latest research on cognitive/mental issues including fatigue, sleep disorders, long haul COVID and its impact on our brains, improving your memory, speed of processing, word retrieval, and other brain issues.

Date/Time: Tue, Jun 6, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Steven Cohen

Instructor: **MARY ANN KEATLEY**, Ph.D., CCC, is a speech-language pathologist and is board certified in neurofeedback and biofeedback. She has specialized in treating cognitive issues associated with traumatic brain injuries and other neurological conditions for over 40 years. Dr. Keatley's broad experience includes neurorehabilitation, research, and publications in the fields of speech-language pathology, rehabilitation, and outcomes. She is a professional speaker and had a private practice in the Denver Metropolitan area. In 1999, Dr. Keatley co-founded The Brain Trust, DBA, the Brain Injury Hope Foundation (BIHF).

JOANNE E. COHEN, M.A., is a Certified Brain Injury Specialist (CBIS) and vice president of BIHF. She has over 40 years experience in coaching, consulting, organizational development, facilitation, and training. Joanne is co-owner and managing partner of Coaching, Training, and Transformation (CTAT), LLC. She designs, facilitates, and project manages the "Survivor Series" training sessions for Traumatic Brain Injury (TBI) survivors, family members, professionals, and practitioners who serve the BI community and the military. As a brain injury survivor, Joanne has a passion for working with the BI community and for brain health.

Class: 23SU07 Local Government Issues (1 Session)

This class will provide an inside look at how resident engagement, public feedback, and grassroots advocacy help county officials improve the community. Supervisor Walkinshaw will also provide his perspective on current Braddock District topics of interest and offer his outlook for the county moving forward. Attendees are encouraged to familiarize themselves with current local projects. Local projects and initiatives can be found in Supervisor Walkinshaw's monthly newsletter.

Date/Time: Thu, Jun 8, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Philippa Centini

Instructor: **JAMES WALKINSHAW** represents the Braddock District on the Fairfax County Board of Supervisors. Supervisor Walkinshaw serves as chairman of the Board's Legislative Committee and as vice-chairman on both the Older Adults and Public Safety committees. He also serves on the Northern Virginia Regional Commission, the Northern Virginia Transportation Commission, the National Capital Transportation Planning Board, the Virginia Association of Counties Board, and the Virginia Railway Express Executive Committee. Prior to being elected to the Board of Supervisors, he served more than a decade as Chief of Staff to Congressman Gerry Connolly.

Class: 23SU08 Unique Brazil (1 Session)

Learn the language, history, and culture of Brazil that make it unique among the South American nations.

Date/Time: Tue, Jun 13, 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: 23SU09 Just Desserts (1 Session)

The final course, the dessert course, is many people's favorite. This class is just about desserts. **NOTE: There is a \$5.00 fee for this class, payable at the door.**

Date/Time: Wed, Jun 14, 1:30-3:00 PM

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopler

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: 23SU10 The Peacock Room and American Art (1 Session)

Freer Gallery of Art founder Charles Lang Freer did not only acquire diverse holdings of Asian art; he also assembled outstanding examples of American art in the late nineteenth and early twentieth centuries. Today the Freer Gallery of Art houses the world's largest collection of works by James McNeill Whistler, including his famed Peacock Room. Also represented in the American art collection are Thomas Dewing, Dwight Tryon, and Abbott Thayer, among others. Participants in this tour will compare and contrast American masterpieces with select Asian artworks, as Freer intended audiences to do more than a century ago.

Date/Time: Thu, Jun 15, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Connie Diamant

Instructor: **LISA SOCKETT** is an adjunct law professor at the George Mason University Law School in Arlington, Virginia. She has been a volunteer docent at the National Museum of Asian Art since 2015. Lisa's favorite art exhibits at the museum over the past seven years have been "Hokusai: Mad About Painting," "Encountering the Buddha: Art and Practice Across Asia," and "The Art of the Qur'an: Treasures from the Museum of Turkish and Islamic Arts." Lisa is a graduate of Harvard Law School and the University of Pennsylvania.

Class: 23SU11 The Peace of Westphalia (1 Session)

The two respective multilateral treaties agreed at Muenster and Osnabruck, Germany, in 1648 ended the Wars of Religion and inaugurated the system of international relations. What were the norms, terms, and effects of these treaties? What consequences did they have for the practice of the Catholic and Protestant religions? What reasons do diplomats and international relations scholars universally cite Westphalia as the beginning of their discipline? This course shall survey a frequently cited, but often poorly understood historical episode, as well as provide concluding reflections upon the current European political and security situations.

Date/Time: Fri, Jun 16, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Paul Massell

Instructor: **MARK ROYCE**, Ph.D., is Associate Professor of Political Science at Northern Virginia Community College and sole author of two books at the intersections of Christian political theology, modern European politics, and international relations and law, both from Palgrave Macmillan: *The Political Theology of European Integration: Comparing the Influence of Religious Histories on European Policies* (2017) and *Ecclesiology, Idealism, and World Polity: The Concordats of the Apostolic See* ([under contract] 2024).

Class: 23SU12 Art, Architecture, and Ambience in Renaissance Rome (2 Sessions)

This is a two part class.

In part one we will visit St. Peter's Basilica and the Borgia Apartments. We will discuss Michelangelo's masterpieces: the Pieta, the Sistine Chapel, and the Last Judgment. Raphael's School of Athens, a fresco created to decorate the personal library of Pope Julius II, will also be covered.

In part two, we will visit the many beautiful piazzas of Rome, with their combinations of Renaissance and ancient works; study the art of Bernini and Caravaggio, view neoclassical architecture, explore the 2000-year Jewish presence in Rome, and take a peek at contemporary Rome. **Please note that part one is on Tuesday, June 20; part two is on Monday, July 10.**

Dates/Time: Tue, Jun 20; Jul 10, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CONNE 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: 23SU13 The Victorian Internet -- How the Telegraph Changed 19th-Century Society (1 Session)

The internet has clearly changed our 21st-century world, the invention of the telegraph caused a similar revolution for the people of the 19th century. With striking parallels to our modern internet, this invention shrank the world, spurred economies, and upset the fabric and mores of Victorian society. Based on the book *The Victorian Internet* by Tom Standage, this presentation will explore how inventors, visionaries, eccentrics, and con artists used the telegraph to create a 19th-century internet.

Date/Time: Wed, Jun 21, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 20, Max. 118

Coordinator: Scott Campbell

Instructor: **MIKE AHERN** holds bachelor's and master's degrees in chemistry and served 26 years in the US Army. He has taught at the US Military Academy at West Point, 12 years with Prince William County Schools where he was named Washington Post Teacher of the Year, and as an adjunct for George Mason University's College of Education. He is also a former president of LLI-Manassas and has taught many classes for LLIs in the area.

Class: 23SU14 The American Revolution: More to the Story Than You Learned in School (1 Session)

Most Americans are familiar with key events from the American Revolution such as the Boston Massacre, the Declaration of Independence, and Washington's crossing of the Delaware River. However, there are many fascinating details, personalities, and misconceptions about them that can alter our perception of these events. An examination of these aspects will enhance one's view of events that were key to our country's founding. **NOTE: This class will also be presented online on July 11.**

Date/Time: Thu, Jun 22, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Thomas Plewes

Instructor: **BLANE AMPTHOR** is a retired federal government employee. A Philadelphia native, he has had a lifelong interest in history - particularly World War II, ocean liners, and the American Revolution. He enjoys visiting sites related to these subjects to learn about them in greater detail.

Class: 23SU15 American Art: A Multiplicity of Voices (1 Session)

Museums have recently increased their holdings by women, people of color, and other marginalized communities. Throughout the Smithsonian there are initiatives to make museums more representative of the whole of America. As we examine works from the Smithsonian American Art Museum and the Renwick Gallery, we will look at the roles culture, race, and gender play in an artist's work. Some works have been in the Smithsonian's collection for a long time and some are relatively new. Artists grapple with our complicated past and contemporary events. Their work will inspire us and will provoke our thinking.

Date/Time: Thu, Jun 22, 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: 23SU16 Money in Politics: A Roundtable Discussion (1 Session)

Join this hour-long virtual roundtable discussion to review the role of money in our political system and explore with expert guests not only the issue, the implications for public policy, but also how citizen advocates can raise their voices for change. This discussion will be coordinated by Nancy Morgan, the coordinator of a non-partisan advocacy group called BigMoneyOutVA.

Date/Time: Wed, Jun 28, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Richard Robison

Instructor: NANCY MORGAN received her masters's degree in applied economics. She has worked with the Peace Corps in Togo and Camaroon and with the U.S. Department of Agriculture in Washington, D.C. Nancy is a retired economist from the United Nations' Food and Agriculture Organization. She has worked in Tunisia, Rome, Bangkok, and Washington, D.C., where she served as a senior economist and UN liaison at the World Bank. She is the coordinator of the Northern Virginia chapter of American Promise (BigMoneyOutVA), a volunteer non-partisan group advocating for “getting money out of politics” through a U.S. constitutional amendment overturning Citizens United and campaign finance reform.

Class: 23SU17 Gari Melchers Home and Studio and the Belmont Estate (1 Session)

Belmont, home of American artist Gari Melchers (1860-1932), is a 27-acre estate featuring an historic home, art studio, galleries, tours, gardens, historic buildings, and several miles of walking trails. Gari Melchers built a reputation as a painter of everyday life. There are over 1600 paintings on exhibit to explore. His paintings are also on display in prominent museums worldwide. Go to <https://www.garimelchers.org/> for more about the life of this artist and his Falmouth home and studio.

NOTE: Deadline to sign up is June 21. Admission is \$12, payable to Judy Robison at the site. Lunch is not included in the admission fee. For this excursion, we'll meet at 9:15 a.m. to carpool (meetup locations with Carol Fagnani and Judy Robison TBD) to Gari Melchers Home and Studio, located at 224 Washington St, Falmouth, VA 22405. Our visit starts at 10:30 with a video and a half-hour tour of the home. Next we will go into the studio to look around and then proceed outdoors for a self-guided walk on the grounds (weather permitting). For those who would like to have lunch before heading home, we have a 12:30 p.m. reservation at Amy's Café which is nearby at 103 W Cambridge St, Fredericksburg, VA 22405. If the weather is nice, we'll be seated outdoors on the patio.

About accessibility: All public programs are held in spaces accessible to visitors with limited mobility with some ramps. Please note the house's second floor is only accessible by stairs. A video about the upstairs is available online and on site. For more nfo see: [garimelchers.org/accessibility](https://www.garimelchers.org/accessibility).

Date/Time: Thu, Jun 29, 9:15 AM-12:30 PM (Note Time)

Location: Gari Melchers Home & Studio

Class Size: Min. 5, Max. 15

Coordinator: Judy Robison

Instructor: This event requires no instructor.

Class: 23SU04 Tai Chi, Qigong, and Daoist Philosophy (1 Session)

Tai Chi, a holistic exercise form from China, is practiced by 250 million people worldwide; yet many people do not understand why and how it is beneficial to us, to our health, daily living, and longevity. This class will illuminate the philosophy and earth wisdom behind this exercise, known as "meditation in motion." According to the Harvard Medical School Guide to Tai Chi: "regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being." Whether you have practiced Tai Chi and Qigong for years or are curious about them, this class will show you an inner resource we all possess and earth wisdom we wish we learned many years ago.

Date/Time: Fri, Jul 7, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Phyllis Liner

Instructor: **DAWN LI**, Ph.D., has practiced Tai Chi, Qigong, and meditation for over twenty years and taught workshops in Northern Virginia. She came to the practice when she stumbled into a Qigong for Health workshop at Peking University in China in 1987. Instead of focusing on physical movements, she inspires learners to discover their own rhythm and tune into their body's wisdom and healing power. Dawn includes chants, music, poetry, and calligraphy in her practice and instruction. In addition to her workshops, she has taught a variety of college courses, is an entrepreneur, and the author of *Song of a Lotus Leaf* and managing editor of *Poetic Medicine in the Time of Pandemic: A Collection of Poems from Around the World*.

Class: 23SU18 The American Revolution: More to the Story Than You Learned in School (1 Session)

Most Americans are familiar with key events from the American Revolution such as the Boston Massacre, the Declaration of Independence, and Washington's crossing of the Delaware River. However, there are many fascinating details, personalities, and misconceptions about them that can alter our perception of these events. An examination of these aspects will enhance one's view of events that were key to our country's founding.

NOTE: This class will also be presented in person at NOVA on June 22.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **BLANE AMPTHOR** is a retired federal government employee. A Philadelphia native, he has had a lifelong interest in history - particularly World War II, ocean liners, and the American Revolution. He enjoys visiting sites related to these subjects to learn about them in greater detail.

Class: 23SU19 Colors & Creatures: Symbolism in Western Art (2 Sessions)

Specific colors were often used in western art to convey meaning, such as the blue that Mary wears in Renaissance painting; what is its significance? Animals and insects also came to symbolize individuals and concepts, with meaning that sometimes varied by culture. How did the snake that conveyed healing in the ancient world transform into the reviled tempter of Genesis? In this two-part class we will use examples from a variety of countries and eras to examine the symbolism of colors in the first session and creatures in the second.

Dates/Time: Wed, Jul 12; Jul 19, 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, and historic and unusual sites. Since 1999 she has led 55 trips to over 20 countries.

Class: 23SU20 Practical Quick and Easy Cooking (1 Session)

This class will discuss tasty dishes that are quick and easy to prepare for one or two. Some one-pan recipes are included. **NOTE: There is a \$5.00 fee for this class, payable at the door.**

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

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopler

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: 23SU21 Sex After Sixty - How Do We Begin? (3 Sessions)

Our sexuality changes as we age. There are many reasons: losing a life partner to death, disease, or disinterest, physical abilities, or negative societal pressures. Finding help is challenging. This course will examine available resources and challenge you to develop a personal strategy. Questions and discussion will be strongly encouraged. **NOTE: If you are sensitive about the content, this may not be the class for you.**

Dates/Time: Thu, Jul 13; Jul 20; Jul 27, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 45

Coordinator: Richard Robison

Instructor: **JAMES "ANDY" BUTLER** has a B.S. and M.S. in engineering. After losing his wife he was forced to rebuild his sex life. He will suggest a number of resources that have helped and will provide some cautions about disappointments. Andy is not an expert but has worked with a number of them and will use their expertise for content and to answer questions.

Class: 23SU22 The Saga of Ernest Shackleton (1 Session)

Hear this inspiring tale of courage and perseverance in the face of overwhelming adversity.

Date/Time: Tue, Jul 18, 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: 23SU23 The Marine Mammal Center: Advancing Global Ocean Conservation (1 Session)

The Marine Mammal Center is a global leader in marine mammal health, science, and conservation, and is the largest marine mammal hospital in the world. The Center rescues between 700-2,000 sick and injured seals, sea lions, and other marine mammals each year from over 600 miles of California coast and the Big Island of Hawai'i. Seals and sea lions serve as sentinels of the sea, providing a glimpse into the potential consequences of our actions on the ocean environment and marine life. Join us to hear about the stories of our marine mammals, how different actions by people on land are impacting our shared ocean home, and what actions we can take as individuals and communities to help protect marine mammals and ourselves for generations to come.

Date/Time: Tue, Jul 18, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Steven Cohen

Instructor: **ADAM RATNER** was named one of the 30 under 30 Game Changers for the Planet by the North American Association for Environmental Education, serves on the Board of Directors of the National Network for Ocean and Climate Change Interpretation, and oversees the Climate Literacy Collaborative. As the Associate Director of Conservation Education at The Marine Mammal Center, Adam invites individuals and community partners to think differently about ocean conservation using the stories of individual patients that are rescued by the Center. He incorporates topics including climate change, ocean trash, and sustainable seafood into the Center's messaging, providing the spark of inspiration and empowerment that allow others to see themselves as the heroes of their community and environment.

Class: 23SU24 Three Journeys in Central Asia (1 Session)

Historian and journalist David Mould, author of three books on travel, history, and culture, describes three overland trips in Central Asia. The first trip travels from Kazakhstan's surreal modern capital, Astana, to the mining and steel city of Karaganda, where thousands died in labor camps in the Stalin era. The next journey is from Kyrgyzstan's less pretentious capital, Bishkek, to Karakol, on the shore of Issyk Kul, the second-largest alpine lake in the world and a rest stop for Russian explorers and Chinese traders. And the last is a wild ride over three mountain ranges in a Lada (a Russian automobile), with vodka for ballast, from Bishkek to the ancient Silk Road city of Osh in southern Kyrgyzstan, a flash point for ethnic tensions in the post-Soviet era.

Date/Time: Thu, Jul 20, 7:00-8:30 PM (Online Only)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **DAVID MOULD**, Ph.D., Professor Emeritus of Media Arts and Studies at Ohio University, has traveled widely in Asia and southern Africa. Born in the U.K., he worked as a newspaper and television journalist before moving to the US in 1978. His travel essays and articles have been published in *Newsweek*, *Christian Science Monitor*, *Times Higher Education*, *History News Network*, and others. His books include *Postcards from the Borderlands* (Open Books, 2020), *Monsoon Postcards: Indian Ocean Journeys* (Ohio University Press, 2019) and *Postcards from Stanland: Journeys in Central Asia* (Ohio University Press, 2016).

Class: 23SU25 Memoir Writing Workshop (1 Session)

This class provides an introduction to the essential elements of memoir writing, followed by discussion and exercises to jumpstart the memoir writing process.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Barbara Stiffler

Instructor: **VERONICA LI** received her B.A. in English from the University of California at Berkeley and her master's degree in international affairs from Johns Hopkins University. She has worked as a journalist for the Asian Wall Street Journal and as a project officer for the World Bank, and is currently a writer. She has published four titles, including a memoir about her mother's life, *Journey Across the Four Seas: A Chinese Woman's Search for Home*. She is also coauthor of a memoir by her husband, Sverrir Sigurdsson.

SVERRIR SIGURDSSON grew up in Iceland and graduated as an architect from Finland in 1966. He pursued an international career that took him to the Middle East, Africa, Asia, Eastern Europe, and the U.S. He recently published his memoir, *Viking Voyager: An Icelandic Memoir*, which has won two international awards. Sverrir and Veronica have given memoir writing presentations at Fairfax County libraries, AARP, and other venues.

Class: 23SU26 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, Aug 4; Aug 11; Aug 18; Aug 25, 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: 23SU27 Downsizing and Decluttering: You Can't Take it With You (1 Session)

Having too many possessions can impede people from relocating or getting health care into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house while you can is a gift you can leave your children. Learn how to get started!

Date/Time: Tue, Aug 8, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Cathy Becker

Instructor: **SUBA SATY** immigrated to the U.S. from India in 1968. He is a retired Air Force Lieutenant Colonel and Department of Defense employee. Suba has been an AARP Community Ambassador for eight years and is a member of the AARP Speakers Bureau, giving presentations on fraud, brain health, and downsizing and decluttering. He is also a member of the AARP Capitol Hill Strike Force and volunteers with numerous community organizations.

Class: 23SU28 Tiny Foods (1 Session)

Celebrate any occasion with a unique "Tiny Foods" party. Chef Cal will show you how to present tasty and innovative foods served in a small format. Call them hors d'oeuvres or appetizers, they are still tiny foods and they taste great. **NOTE: There is a \$5.00 fee for this class, payable at the door.**

Date/Time: Wed, Aug 9, 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: 23SU29 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: Wed, Aug 16, 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: 23SU30 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, Aug 17, 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: 23SU31 Mars: An Amateur Astronomer's Perspective (1 Session)

This class will trace highlights in the history of Mars from ancient times to the current era of Martian rovers. Documentation from historical astronomy books from the presenter's collection – some over 100 years old – will be used as references. The presenter will also share personal experience from observing Mars over many decades. The following topics will be included:

What is Mars? What does it look like? What is it made of? Mars has native life! Oh, no, it doesn't! Well, maybe it does, or at least did.

Although delivered in a scientific manner, the level of technicality is for those whose background is not necessarily in science or mathematics.

Date/Time: Wed, Aug 23, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CHARLEY TICHENOR** became an amateur astronomer at about age four after being fascinated by viewing the constellations. He was president of his second grade astronomy club, and of his high school astronomy club for two years. Over the years, he has owned many telescopes and often sponsors viewing sessions at Greenspring for residents and staff.

Class: 23SU32 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: Wed, Aug 23, 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: 23SU33 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: Fri, Aug 25, 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.