



LLI Spring 2024 Catalog

Class: **24SP01** **The Ritchie Boys (1 Session)**

During WWII German-American Jews were trained at Ft. Ritchie, MD. to be interrogators of captured German prisoners. Many of them were deployed to the European front lines so that information gleaned would be of tactical and timely benefit to the Allies.

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

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 45

Coordinator: Bonnie Becker

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

Class: **24SP02** **Keeping Your Brain Young (1 Session)**

Join Dr. Mary Ann Keatley, Ph.D., CCC, and Joanne Cohen, MA, CBIS, for a conversation about the aging brain, and ways to develop tools and techniques to keep your memory and brain young and flexible. They will also address the impact and future disABILITIES, challenges, and interventions for those facing brain injury challenges.

Date/Time: Mon, Jan 15, 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: 24SP03 The Extraordinary Pacific Voyages of Captain James Cook (1 Session)

Learn about the famed British explorer, cartographer, and naval officer renowned for his three Pacific Ocean voyages ranging from the Antarctic to the Arctic Circle.

Date/Time: Tue, Jan 16, 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: 24SP04 Organizing for Seniors (1 Session)

This class discusses the benefits of an orderly home and records. We will explore why we hold onto things, provide methods/tips, and list sources for selling, donating, and recycling items.

Date/Time: Wed, Jan 17, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 105

Class Size: Min. 10, Max. 40

Coordinator: Cathy Becker

Instructor: **JENNIFER GITTINS-HARFST** is a certified professional organizer and a member of the National Association of Productivity & Organizing Professionals. She recognizes that as we get older, there are logistical challenges that affect organization, as well as viewpoints that must be respected while also encouraging change.

Class: 24SP05 Genealogy (1 Session)

This class focuses on how to research genealogy, with an emphasis on immigration from the United Kingdom to New England.

Date/Time: Mon, Jan 22, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 102

Class Size: Min. 10, Max. 48

Coordinator: Bonnie Becker

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

Class: 24SP06 25 Quick Bread Recipes (1 Session)

The holidays are over and winter is here. What tastes better in cold weather than freshly baked bread? Come to this class for information, tips, and recipes.

Note: There is a \$5 fee for this class, payable at the door.

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

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

Class Size: Min. 10, Max. 30

Coordinator: Suzanne Pastura

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: 24SP45 Hamid Rahmainian's Song of the North (1 Session)

Visual and Performing Arts SIG Presents

[Hamid Rahmainian's Song of the North](#)

With more than 500 handmade puppets and an original score by renowned Iranian composer Loga Ramin Torkian, you'll be transported to a magical and ancient landscape, rich in history and lore in this epic love story. The performance combines state-of-the-art animation with the age-old art of shadow puppetry to showcase a collection of ancient Persian legends and Iranian national treasures.

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations:

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Sat, Jan 27, 4:00 PM

Location: George Mason University Center for the Arts

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: 24SP07 America's Most Decorated Warship: The USS Enterprise (1 Session)

The USS Enterprise is America's most decorated warship due to her outstanding service in the Pacific Theater during World War II. The performance of her crew enabled the United States and her allies to hold the line against Japan during the critical first year of fighting. The USS Enterprise continued a tradition of U.S. Navy ships bearing that name and set a standard of performance for subsequent ships with the same name. Her crew comprises a list of heroes and her legacy has influenced America's space program and private companies.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: June Chalou

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: 24SP46 Virginia Opera: Sanctuary Road (1 Session)

Visual and Performing Arts SIG Presents

[Virginia Opera: Sanctuary Road](#)

Based on the life and writings of William Still, an African American leader on the Underground Railroad, *Sanctuary Road transforms daring stories of courage, perseverance, and sacrifice into an enthralling historical oratorio.*

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations:

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Fri, Feb 2, 2:00 PM

Location: George Mason University Center for the Arts

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: 24SP08 The Southern Campaign: Where the American Revolutionary War Was Won (1 Session)

Revolutionary War battles such as Bunker Hill, Lexington, Trenton, and Saratoga are well known. These events took place in the northern colonies and set the tone of fighting early in the war. However, it was in the southern colonies, where the British had essentially conquered Georgia and South Carolina, that the Americans turned the tide of war and where the Revolutionary War was won. This topic will feature some of the fascinating personalities and events that produced this momentous turn of events.

Date/Time: Tue, Feb 6, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: June Chalou

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: 24SP09 Great Decisions 2024 (8 Sessions)

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

- | | |
|---|------------------------------------|
| - Session 1: Mideast Realignment | Session 5: NATO's Future |
| - Session 2: Climate Technology & Competition | Session 6: Understanding Indonesia |
| - Session 3: Science Across Border | Session 7: High Seas Treaty |
| - Session 4: China Trade Rivalry | Session 8: Pandemic Preparedness |

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 8; Feb 15; Feb 22; Feb 29; Mar 7; Mar 14; Mar 21; Mar 28, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 30

Coordinator: Ray Bednarsky

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: 24SP10 Blue Light and the Amazing Story of the Confederate Submarine CSS Hunley (1 Session)

On the night of February 17, 1864, outside the harbor of Charleston, South Carolina, the Union warship Housatonic exploded and sank within minutes. The ship had been rammed with a torpedo carried by the Confederate submarine H. L. Hunley, marking the first time that a warship had been sunk by a submarine. Shortly after the Hunley vanished without a trace, sparking one of the greatest mysteries of the Civil War.

In August 2000, the Hunley was raised and towed back to Charleston, and examined. Analyses revealed remarkable details of the submarine's construction and technology, and the probable fate of her crew, whose remains were found still at their duty stations in the wreck.

Mike Ahern will relate the fascinating history of this remarkable naval encounter, the examination and conservation of the boat, and whether the mystery of the CSS Hunley has been truly solved.

Date/Time: Tue, Feb 13, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 109

Class Size: Min. 10, Max. 40

Coordinator: Derick Malis

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: 24SP11 Between Pearl Harbor and Midway: Turning Defeat into Victory in the Pacific Theater (1 Session)

The six months between the Japanese attacks on Pearl Harbor and Midway were a series of disasters for the Allied nations in the Pacific Theater. However, during several little-known but important actions, heroes emerged and their hard-learned lessons laid the foundation for later victory. We will examine some of these key events and the personalities involved.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: June Chalou

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: 24SP12 A Brief History of World Religions (1 Session)

We often think that religion divides us, and that we have very little in common with people of other religious traditions; however, a survey of the development of world religions can reveal not only our differences, but also the ways in which each of our traditions has built on those that came previously. Though we have different practices and beliefs, religious traditions are intertwined and interdependent in many ways. In this class, we will explore the history of world religions from polytheistic to monotheistic faiths as they relate to one another.

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

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Steven Cohen

Instructor: **REV. DR. SHELLI POE** is Senior Minister at Little River United Church of Christ. She earned a Ph.D. from the University of Virginia in Religious Studies, and an M.Div. from Princeton Theological Seminary. For more information, see her website: shellipoe.wordpress.com

Class: 24SP13 Tai Chi, Qigong, and Daoist Philosophy (2 Sessions)

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, our health, daily living, and longevity. This workshop illuminates the philosophy and earth wisdom behind this meditative 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 merely curious about these subjects, this workshop will show you an inner medicine we all possess and earth wisdom we wish we learned many years ago.

Dates/Time: Fri, Feb 16; Feb 23, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

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: 24SP47 A.I.M by Kyle Abraham (1 Session)

Visual and Performing Arts SIG Presents

A.I.M by Kyle Abraham

Kyle Abraham's contemporary dance company aims to create a body of dance-based work that is galvanized by Black culture and history. The Center presents his visionary works using various dance and music styles to uncover the relationships between identity, history, and geography.

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations:

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Sat, Feb 17, 8:00 PM

Location: George Mason University Center for the Arts

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: 24SP48 Frederick Douglass Home & National Portrait Gallery (1 Session)

Celebrate black history month with a focus on renowned statesman and social reformer, Frederick Douglass. Take a guided tour of the **Federick Douglass home in Anacostia (a National Park site)**, see **items from his public and private life of the late 1800's**, and **understand the significance of the work of this great man. Next, journey to the National Portrait Gallery to see the Frederick Douglass portraits exhibit.**

Lunch is on your own in the Portrait Gallery courtyard (purchase from the café or bring your own). There will be some additional time to see more exhibits at the Portrait Gallery.

Note: There are very steep steps to reach the Douglass Home, which is situated on a hilltop. The second floor of the home is only accessible by stairs. Please call Green Spring Gardens at 703-642-5173 for accommodations requests and inquires.

Bus departs Green Spring Gardens at 9:30 a.m. and returns at 3:30 p.m. Fee of \$89.

This trip is offered through the Fairfax County Park Authority. Registration closes February 19.

Registration and Payment:

1. Go to the Fairfax County Park Authority website [Here](#).
2. Trip fee \$89.
3. Please also register below so we may get a head count of how many LLI/NOVA members are attending.

Transportation: Bus from Green Spring Gardens - 4603 Green Spring Rd, Alexandria, VA 22312

Date/Time: Tuesday, February 20, 2024, 9:30 a.m.- 3:30 p.m., (Note Day/Time)

Location: Frederick Douglas Home, Anacostia, and National Portrait Gallery, DC. Bus departs from and returns to Green Spring Gardens in Alexandria.

Limit: This tour is open to the public. Registration is controlled by Fairfax County.

LLI/NOVA Coordinator: Ellen Wallace.

Date/Time: Tue, Feb 20, 9:30 AM - 3:30 PM

Location: Frederick Douglass National Historic Site

Class Size: Min. 5, Max. 30

Coordinator: Ellen Wallace

Instructor: This event requires no instructor.

Class: 24SP14 Alternate History: What If? (1 Session)

Discover that history is not an inevitable march of dusty names, dates, and places, but a precarious, careening ride that could have taken us to any number of destinations.

Date/Time: Tue, Feb 20, 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: 24SP15 The Great Atlantic Speed Race of the Grand Ocean Liners (1 Session)

Ocean liners were the vital link between Europe and North America, helped win two world wars, and enabled the largest migration in human history. Several competed to be the fastest across the world's most dangerous ocean, garnering business, prestige, and fame. This is the story of these magnificent machines, their societal impacts, and the people who made them what they were.

Date/Time: Tue, Feb 20, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: June Chalou

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: 24SP16 Leadership in Time of Crisis, the American Revolution, and the Creation of a Constitution (1 Session)

In 1776, a disorganized group of colonists fought for their independence against the most powerful nation in the world. Few thought they had any chance of success. The leadership of Benjamin Franklin, George Washington, Thomas Jefferson, and many others made the difference. We will discuss the elements of their improbable victory and the establishment of the Constitution that has lasted more than 200 years.

Date/Time: Wed, Feb 21, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Phyllis Liner

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: **24SP49** **Jubilee/Mnozil Brass (1 Session)**

Visual and Performing Arts SIG Presents

Jubilee/Mnozil Brass

Known as the Monty Python of the music world, Austrian septet [Mnozil Brass](#) seamlessly combines slapstick comedy with virtuosity. Hailed as one of the world's premier brass ensembles, the group blends classical, jazz, folk, and pop with sketch comedy, silly songs, and sidesplitting buffoonery on their trumpets, trombones, French horn, and tuba.

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations:

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Sun, Feb 25, 3:00 PM

Location: George Mason University Center for the Arts

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: **24SP17** **Sleep Well at Night: Simple Investing in the Stock Market (1 Session)**

As easy as buying a cup of coffee, as joyous as winning the lottery, this revolutionary method in stock market investing divulges how you can get your fair share over time (10% average annual return), pay low fees, and not worry about picking stocks. Warren Buffett, the billionaire "Oracle of Omaha", says that when he dies his wife's investments will be handled this way. The class will explain this investing method and how anyone can do it.

Date/Time: Tue, Feb 27, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Bonnie Becker

Instructor: **SYLVIA AUTON**, Ph.D., is a retired educator and independent investor who teaches investment courses for beginners who want to learn how to invest simply with low costs and no stock picking. Her work on investing includes: Blog: [Grandma's Investing for Beginners](#); YouTube Video: [Grandma Sylvia's Investing for Beginners](#); and [Grandma Sylvia's Guide to the Stock Market: Win the Great Game and Sleep Well at Night](#).

Class: 24SP18 Artists Depict the American West (1 Session)

The Smithsonian American Art Museum has many works of art depicting narratives of the American West. Historical works have often been based on romanticized myths and have failed to consider events that occurred. In a new exhibition entitled “Many Wests: Artists Shape an American Idea,” modern and contemporary artists offer a broader and more inclusive view of the region. In this presentation, we will look at works that have been in the museum’s collection for years and compare them with works in the new exhibition. Be prepared to challenge your commonly held ideas of the American West.

Date/Time: Tue, Feb 27, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

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: 24SP19 Cooking from Your Pantry (1 Session)

This class will give you information, tips, and recipes to prepare meals with items in your pantry. The recipes will be semi-homemade and hopefully without a trip to the grocery store.

Note: There is a \$5 fee for this class, payable at the door.

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

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

Class Size: Min. 10, Max. 30

Coordinator: Suzanne Pastura

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: 24SP20 Journey to the Moon (1 Session)

This class will discuss fascinating facts about the moon. What is its origin? What did we know about it in the past and what do we know about it today? What is Planet Theia and how does it relate to Earth and the moon? What effect does the moon have on tides? What is the Earth-Moon System and its future? Speculation on the origin of the moon has changed dramatically. Come to find out how and why.

Date/Time: Mon, Mar 4, 1:30-3:00 PM

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: 24SP21 Downsizing and Decluttering (1 Session)

Having too many possessions can impede people from relocating or getting health care into their homes. This interactive presentation will provide easy-to-follow steps on downsizing and decluttering.

Date/Time: Wed, Mar 6, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Mary Alexander

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: 24SP22 Getting High On Dubai (1 Session)

Dubai is a city of superlatives: highest, newest, fastest, most risk-taking, creative --and luckiest! From a primitive fishing village on the edge of a desert to one of the fastest growing and most modern cities in the world, Dubai has had the most dramatic changes in fortunes in the shortest time of any city in history. We will take in the view from atop the tallest building on the planet, the Burj Kalifa, take some runs down the ski slopes located inside a huge shopping mall, and survey the man-made palm shaped islands. For contrast we will also ride camels in the desert and view art from the famous Louvre (Paris) in its own museum in nearby Abu Dhabi.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Doug Johnson

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: 24SP23 Biblically Speaking (6 Sessions)

There are so many versions of the scriptures today, both Hebrew and Christian, in which key words are translated quite differently. These translations often result in differing understandings of biblical teachings. For example, in the Hebrew scriptures there are over twenty words that are translated into English as "sin," so nuances and subtleties are simply lost in translation. From the Christian scriptures, one must remember that Jesus spoke Aramaic, the scriptures were written in Greek, and we read them in English. When we say ... "Jesus said" ... we must remember that what we read is not exactly what he said. We will examine key words including faith, sin, Satan, soul, salvation, eternal life, and worship from both the Hebrew and Greek versions, and examine the etymology and ancient uses of these words in an attempt to get a better understanding of the scripture's intent.

Dates/Time: Tue, Mar 12; Mar 19; Mar 26; Apr 2; Apr 9; Apr 16, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Arline Sachs

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: 24SP24 What is Texas? (3 Sessions)

Texas is not on the national electric grid and was, at one time, an independent country with its own navy. Native Texans pride themselves on their state's size and vigor. This class will look at the history of Texas, from the arrival of the Spanish in the 1500's to the present. This overview will include biographical material on Sam Houston, Davy Crocket, Sam Rayburn, Lyndon Johnson, and a quick look at the work of Texas writer Larry McMurtry,

Dates/Time: Thu, Mar 14; Mar 21; Mar 28, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Derick Malis

Instructor: **MICHAEL ANDERSON** holds a Ph.D. in history from the University of Chicago. A retired foreign service officer, he has taught at NOVA and George Mason University and now enjoys offering classes for ENCORE (Arlington County Adult Learning Program) and LLI.

Class: 24SP25 League of Women Voters and its Roots in Women's Suffrage (1 Session)

March is Women's History Month. What better time to learn about the League of Women Voters (a nonpartisan organization, and not just for women)? Did you think the women's suffrage movement ended with the passage of the 19th amendment? This class will explore the ways in which the LWV continues to fulfill its mission to "Empower Voters and Defend Democracy." The LWV continues to work for the fundamental right of U.S. citizenship: the right to vote, actively supporting democracy through educating voters, registering new voters, and engaging with our elected officials. It all began with a cup of tea in 1848!

Date/Time: Tue, Mar 19, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Judy Robison

Instructor: The instructors will be League of Women Voters of the Fairfax Area Board members: **Cindy Kalkwarf**, First Vice President; **Arina van Breda**, Voter Registration Director; **Judy Smith**, Units Director; **Kristen Farrand**, Public Relations Director, and LWV of Virginia Vice President **Anu Sahai**.

Class: 24SP26 The Flowers that Bloom in the Spring Fa La! (1 Session)

It's spring time with nature popping up again, from ephemeral flowers stretching to bloom quickly, to the first of the butterflies emerging from their winter chrysalides, to trees moving their stored sap back up their trunks providing energy for new growth. Nature is extremely busy this time of year. This class will explore the wonders and excitement of nature in the springtime.

Date/Time: Wed, Mar 20, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 45

Coordinator: Paul Hopley

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: 24SP27 Making "The Man of the People": The Invention of the American Presidency (1 Session)

This class will discuss the creation of the American presidency, focusing on the public debates surrounding the establishment of the office in our nation's earliest history. We will go beyond the first presidents to show how the broader American public helped shape the presidency into a powerful cultural touchstone, a reflection of America's highest political ideals, and thus the focal point for partisan disagreement.

Date/Time: Fri, Mar 22, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 105

Class Size: Min. 10, Max. 40

Coordinator: Scott Campbell

Instructor: **NATHANIEL GREEN** is a Professor of history at NOVA. He is the author of *The Man of the People: Political Dissent and the Making of the American Presidency*, published in 2020.

Class: 24SP28 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, Mar 22, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Paul Massell

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: 24SP29 Pasta, Pasta, Pasta (1 Session)

Pasta in one form or another is served around the world. Most people consider it a comfort food. Come learn recipes to use throughout the year.

Note: There is a \$5 fee for this class, payable at the door.

Date/Time: Wed, Mar 27, 1:30-3:00 PM

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

Class Size: Min. 10, Max. 30

Coordinator: Suzanne Pastura

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: 24SP30 This Old House (1 Session)

Take a "tour" of old homes in Arlington, Annandale, and Burke. Revisit Mount Vernon and Arlington House. See a home where a ghost lives and President Thomas Jefferson visited, a tavern /home where the secession vote took place, a former church that is now a home, and a former school that is now a home.

Date/Time: Thu, Mar 28, 10:00-11:30 AM

Location: The Virginian

Class Size: Min. 10, Max. 40

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: 24SP31 Dementia 101: Raising Awareness, Promoting Prevention (3 Sessions)

Are you comfortable interacting with people experiencing changes in their thinking and memory? Are you aware of services and programs available to help maintain a good quality of life? Did you know that there are changes you can make to reduce the risks of developing dementia? In this four-part course taught by Virginia's Dementia Services Coordinator, you will become a Dementia Friend and learn the ten warning signs, the major types of dementia, the resources and services available in the community and how to access them, the latest research involving brain health and dementia risk reduction, and strategies that can potentially reduce your own risk of developing dementia.

Dates/Time: Thu, Apr 4; Apr 11; Apr 25, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Andy Butler

Instructor: **GEORGE WORTHINGTON** is the Dementia Services Coordinator for Virginia's Department for Aging and Rehabilitative Services (DARS). He supports the Alzheimer's Disease and Related Disorders Commission, drives the implementation of the Dementia State Plan, reviews existing programs, and works with other agencies to more effectively deliver services to Virginians living with dementia. A native of Charlottesville, he has worked in human services for ten years since shifting careers from economics. George has a Master of Science in Clinical Psychology from LaTrobe University in Melbourne, Australia, and a Master of Science in Economics from the London School of Economics.

Class: 24SP32 Media Literacy for Older Adults (1 Session)

This presentation is aimed at addressing the growing importance of media literacy, the ability to critically analyze for accuracy, credibility, or evidence of bias in the content created and consumed in various media, including radio, television, the internet, and social media. In today's digital age, media literacy is crucial for individuals of all ages. We will explore the challenges faced by older adults and provide practical strategies to enhance their digital skills, critical thinking, and online safety.

Date/Time: Fri, Apr 5, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **CAROL QUADE** holds a doctorate in communication and media studies and is an adjunct faculty member in the Communication Studies and Theater Department on the NOVA-Annandale campus. She has taught communication and English courses for 26 years internationally and in the U.S.

Class: 24SP33 Controversial Presidential Elections (1 Session)

This class will include a presentation of controversial presidential elections from 1800 when Vice President Aaron Burr killed his rival Alexander Hamilton to Franklin Roosevelt's third term campaign in 1940.

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

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Phyllis Liner

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: 24SP34 Discussing Kindness and Respect (1 Session)

This class will discuss why kindness and respect are important values and how we recognize them. In what ways does it seem that the world has slowly moved away from these values in the last decade or two? How can we improve our abilities to be kind and respectful? Participants are encouraged to bring their own stories and lessons learned to contribute to the conversation.

Date/Time: Mon, Apr 15, 10:00-11:30 AM

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

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **Jerry Markowitz** worked over thirty years managing technical training programs for the federal government. Since retiring, he teaches classes for OLLI at George Mason University. Jerry also writes books of poetry and donates the proceeds to support Alzheimer's research and education.

Class: 24SP35 Spring Tour at Meadowlark Botanical Gardens (1 Session)

Come join us in a guided tour of the best sights of the 95-acre Meadowlark Botanical Gardens and enjoy the colors of spring. We are going to get some good exercise, take in the sights and sounds of the Gardens, and discuss plants and animals that make Meadowlark their home. Bring a bottle of water for this 75-minute walk over hilly terrain.

Date/Time: Wed, Apr 17, 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: 24SP50 Spring Outing to Glenstone (1 Session)

**Visual and Performing Arts SIG Presents
Spring Outing to Glenstone**

Glenstone is a private contemporary art museum in Potomac, Maryland, founded in 2006 by American billionaire Mitchell Rales and his wife, Emily Wei Rales. Owners, Emily and Mitch Rales, state that their vision of Glenstone not only as a place, but a state of mind created by the energy of architecture, the power of art, and the restorative qualities of nature. It seamlessly integrates art, architecture, and nature into a serene and contemplative environment. Glenstone assembles post-World War II artworks of the highest quality that trace the greatest historical shifts in the way we experience and understand art of the 20th and 21st centuries. These works are presented in a series of refined indoor and outdoor spaces designed to facilitate meaningful encounters for our visitors.

Reservations:

1. Reserve your slot by sending an email to: vpa@lilnova.org
2. Once you have reserved a slot, please also register below so that we can know who is participating.

Date/Time: Thu, Apr 18, 10:00 AM

Location: Glenstone Museum

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: 24SP36 Evolutionary Biology: Are You Game? (1 Session)

Galileo once wrote that the "Book of Nature" is written in the language of mathematics. From Charles Darwin to John Nash, mathematicians and scientists have found that evolutionary biology can be modeled and studied using game theory. Game theory analyzes the various strategies of conflict and cooperation in plants and animals at all levels, from the molecular (e.g., selfish tumor genes, pathogen dynamics), organismal (e.g., predator-prey interactions, symbiotic relationships), and community (e.g., population proportions). Interactions between organisms as well as the persistence and stability of some genes versus others, are examples of processes subject to this kind of mathematical analysis. During this class we will discuss and exhibit several examples of game theory in biology and invite the audience to participate in some demonstrations.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Patricia Brennan

Instructor: **KAREN BUSHAW-NEWTON** earned a B.S. with honors in microbiology and a Ph.D. in ecology from the University of Georgia. Her research in microbial ecology and the structure and function of bacterial communities has taken her from the beaver ponds in northern Canada, to the coastal and inland waters of Georgia and the mid-Atlantic including the Patuxent and Anacostia Rivers. Karen was a Knauss Sea Grant Policy Fellow and did post-doctoral work at the Academy of Natural Sciences in Philadelphia. Most recently she worked as a researcher at the U.S. Geological Survey studying pathogens of amphibians. Karen taught undergraduate and graduate microbiology courses for over ten years. Her research has been published in several journals including *Nature*, *BioScience*, the *Journal of the Northern American Benthological Society*, and the *Journal of Environmental Pollution Research*.

MARTIN BREDECK studied physics and mathematics at Michigan State University, and taught mathematics at Valencia and Palm Beach Community Colleges.

Class: **24SP51** **Small Island Big Song (1 Session)**

Visual and Performing Arts SIG Presents

[Small Island Big Song](#)

Right before Earth Day, join [Small Island Big Song](#) for a moving concert experience combining music, spoken word, and stunning projections to showcase unique oceanic grooves and soulful island ballads, while shining a light on the devastating effects of global warming on 16 island nations.

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations:

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Sat, Apr 20, 8:00 PM

Location: George Mason University Center for the Arts

Class Size: Min. 5, Max. 30

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

Class: **24SP37** **30 Ways to Cook a Chicken (1 Session)**

You already know how to cook, roast, grill, and prepare a chicken. This class will give you tips and new recipes, each one from a different country.

Note: There is a \$5 fee for this class, payable at the door.

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

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

Class Size: Min. 10, Max. 30

Coordinator: Suzanne Pastura

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: 24SP38 Music with Historical Significance (1 Session)

A considerable amount of music has been written to mark significant moments in history, while some music has become historically significant. This program will explore the connections with the music and how it added richness and depth to history.

Date/Time: Tue, May 7, 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.

Class: 24SP39 The Trial of Dr. Samuel Mudd (1 Session)

Have you heard the expression, "Your Name Is Mud?" Learn about how Dr. Mudd set John Wilkes Booth's leg and the consequences.

Date/Time: Thu, May 9, 10:00-11:30 AM

Location: The Virginian

Class Size: Min. 10, Max. 40

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: 24SP40 Protect Yourself from Fraud & Identity Theft (1 Session)

This class will look at fraud, how scammers think, and how to safeguard against identity theft.

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

Location: NOVA CN Bldg, Room 127

Class Size: Min. 10, Max. 35

Coordinator: Mary Alexander

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: 24SP41 Birds of Paradise: The Ultimate in Sexual Selection (1 Session)

Male Birds of Paradise are among the most beautiful, if not sometimes outright gaudy, birds in the world. They are adorned with long, extravagant feathers that emanate from the tail, wings, and even their head. Some have wire-like structures that project from various parts of the body. Females use these male body ornaments to determine the health and fitness of males when preparing to breed through sexual selection. Join me on a tour of New Guinea and surrounding islands to get a close up look at these stunning birds.

Date/Time: Thu, May 16, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Ellen Wallace

Instructor: **LARRY CARTWRIGHT** has enjoyed nature for most of his life, especially birds and bats. He has volunteered gathering data for various surveys, including as compiler for the District of Columbia Christmas Bird Count, the Dyke Marsh Breeding Bird Survey, and the Audubon Society of Northern Virginia Breeding Bird Survey. He has won several environmental awards, the most notable being the Jackson Miles Abbott Award presented by the Virginia Society of Ornithology.

Class: 24SP42 Spain and Portugal in 2012: Ole' (1 Session)

Our LLI travel group visited Spain, Morocco, and Portugal. Highlights included tours of Madrid, El Alcazar in Toledo, Mezquita in Cordoba, Alhambra in Granada, Plaza de Espana, a flamenco dancing performance in Seville, and a berber market in Tangier, Morocco.

Date/Time: Tue, May 21, 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: 24SP43 Picnic Salads (1 Session)

As the weather gets warmer, many cooks think of preparing a lighter meal and salads are perfect. These recipes will yield picnic-style salads to take to the lake, the pool, the mountains, or just to your own deck.

Note: There is a \$5 fee for this class, payable at the door.

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

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

Class Size: Min. 10, Max. 30

Coordinator: Suzanne Pastura

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: 24SP44 How Africans Influenced Southern Cooking (1 Session)

Black people in the South brought with them recipes from their African roots which has influenced traditional southern cooking. David Born, the Historic Programs Coordinator for the Ben Lomond site, will demonstrate how enslaved persons prepared and cooked their food, and how they had an impact on the meals we eat today.

Note: Cost is \$10 per person payable at Ben Lomond Historic Site

Date/Time: Thu, May 23, 10:00-11:30 AM

Location: Ben Lomond Historic Site

Class Size: Min. 10, Max. 35

Coordinator: Judy Robison

Instructor: **DAVID BORN** has had an extensive history career beginning in 1987 in the Summer Living History Program at Petersburg National Battlefield. In 1992, David began a 13-year career with Virginia State Parks working at Sky Meadows State Parks in Fauquier County, Twin Lakes State Park in Nottoway County, and Sailors Creek Battlefield in Prince Edward County. He came to Prince William County in 2005 and is currently Historic Programs Coordinator at Ben Lomond Historic Site. He presents programs on the Civil War and slavery in Virginia to area students using traveling trunks he has developed and hosts senior groups and school field trips.