



News & Views

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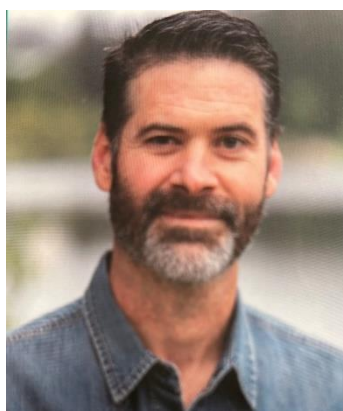
Wednesday, February 7

LLI/NOVA FORUM VIA ZOOM

Social Zoom: 9:30 a.m. Announcements: 9:50 a.m. **Forum Presentation: 10:00 a.m.**

(Click the link in the upcoming email announcement)

The Rescue Effect: The Key to Saving Life on Earth



Michael Mehta Webster, Ph.D., author of “The Rescue Effect”
Professor of Practice, Department of Environmental Studies,
New York University, New York

The “rescue effect” is nature’s innate ability to help organisms persist during hard times, when they are stressed or declining. It is like a thermostat starting the air conditioning when a room gets too warm. Our speaker, Dr. Michael Mehta Webster, author of “The Rescue Effect,” will reveal the science behind nature’s inherent resilience.

Dr. Webster will share compelling stories of species that are adapting to the changing world—including tigers in the Indian jungles, cichlid fish in the great lakes of Africa, and corals in the Caribbean. However, he will explain that in some cases, such as the mountain pygmy-possum in the snowy mountains of southeast Australia, we risk losing species if there is not intensive help from people. As observers to, and often the cause of, declines in species, Dr. Webster says we must choose whether and how to help, while navigating questions about emerging technologies and the ethics of conservation actions. Ultimately, he argues that there are good reasons to expect a bright future because we can see evidence everywhere that nature can rescue many species from extinction; and when nature alone is not up to the task, we can help.

Dr. Webster is a professor of practice in the Department of Environmental Studies at New York University; an expert in ecology, conservation, and philanthropy; and an ardent nature enthusiast. He earned a Ph.D. in Zoology at Oregon State University and a B.S. in Zoology from the University of Wisconsin. In his past capacities as executive director of the Coral Reef Alliance and as academic scientist at Cornell University and Oregon State University, he has led many scientific efforts to protect species and ecosystems in the wild.

Upcoming Forums

Our March through June Forums will be **in-person** at our usual location (Little River United Church of Christ), followed by after-Forum lunch meetups.

President's Message



I hope you are having a happy new year! Good news — LLI finally has a new Curriculum Committee Chair in place (see next article) and an array of almost 50 Spring 2024 class offerings. Most are single-session, but some, like “Great Decisions,” are multiple-session.

Additionally, all of our Special Interest Groups (SIGs) resumed meeting in January after the holidays. See our SIGS article on page 5 of this newsletter.

Especially note:

- Visual and Performing Arts: you can order deeply discounted tickets for five designated GMU performances (Chair is Anna Dixon)
- Cultural Excursions to local points of interest (Chair Carol Fagnani)
- Study/Travel: (1) Viking River Cruise on the Rhine, Main, and Danube rivers in June 2024; and (2) Australia and New Zealand trip scheduled for January 2025 (Chair Ron Dyck)

I want to mention that for our in-person classes at the NOVA campus, parking in the garage will be FREE through February 1, before reverting to paid parking (\$2 per hour).

On a personal note, Ina and I survived (and thrived on) our December trip to Belize where our daughter, Allie, led a yoga retreat in a small resort in the jungle. The accommodations, food, and hospitality were fantastic! The resort had two pools, a mineral bath, and multiple massage options, including one that involved mud. While Allie could twist herself into a pretzel while calmly instructing our yoga classes, I gradually gained more flexibility but really only excelled at the resting “child’s pose.” The highlights for me were the excursions: tubing in a Mayan cave, ziplining, touring a Mayan museum, climbing Mayan pyramids,

taking an 18-mile speed boat ride along a mangrove-lined river, snorkeling on a reef, and seeing sharks, rays, and tarpons.

I only regret to say we did not see the crocodiles reportedly surrounding the resort!

Derick Malis
LLI/NOVA President

New Curriculum Committee Chair

Patti Volz, our immediate past vice president of LLI’s Board of Directors, has just assumed the position of LLI’s Curriculum Committee chair, a critical position that has been vacant since Dick Robison’s passing in August 2023. [In the interim, thanks go to Paul Hopley and his editing team for leading the effort to line up classes and to recruit and train coordinators for the Spring 2024 semester; also, thanks go to other volunteers who provided technical assistance.]



Patti currently serves on the Board and on the Scholarship Committee. She chaired the Forum Committee, on which she still serves, and chairs Foodies & Friends. Her organizational skills are extensive, so LLI is

very fortunate and grateful that she agreed to undertake this pivotal position. Patti welcomes input from LLI members on all curriculum matters; email pvolz63@gmail.com.



Welcome to our newest members:

- Patty Allsbrook
- Ann Botts
- Robert Botts
- Mary Ann Gasaway
- Bonnie Jones
- Christina Schnabel
- George Sen-Chen Lin

Community Outreach



February can be full of snowflakes, or not, but the temperatures are pretty sure to be cold.

If you're homeless or living in a vehicle, you probably have a yearning for a hot meal, a warm place to put down bedding, and a chance for breakfast, a bag lunch, and maybe some slight wardrobe enhancements. You may also need a chance to connect with basic services without having to travel in the cold.

Since 2005, the [Fairfax County Hypothermia Prevention Program](#) has ensured that no one homeless has to sleep outside from December 1 through March 31. This partnership formed by Fairfax County, nonprofits, and faith communities provides an invaluable service.

One of the nonprofits that helps coordinate this effort is FACETS. They work with congregations to provide meals and a place to sleep overnight. In addition to its support of this program, FACETS provides food, housing, medical outreach, financial literacy, and more. Helping neighbors is what they do. You, too, can help neighbors in need by donating [online](#) or by mailing a check to Facets at 10700 Page Ave., Building B, Fairfax, VA 22030.



If you see a person who is homeless and at risk of hypothermia, without shelter for the night, you can call the Fairfax Police non-emergency number: 703-691-2131.

Encore Learning is offering the following free online event to LLI members. No advance registration is required. Click [here](#) to join this event.



- Monday, February 12, 3:00 – 4:30 p.m.
A Wartime Love Story: History through the eyes of two lovers
Speaker: Vera Kochanowsky, author
Details are available [here](#).

Study/Travel Program

Australia and New Zealand



The Study/Travel Committee has arranged for another epic trip – this time to escape the cold of January 2025 and experience the

enchancing landscapes of Australia and New Zealand. The Committee chose Grand Circle Travel as our tour operator for several reasons, including great coverage of the highlights of these countries, remarkably low prices, six free single-room supplements, and LLI/NOVA's excellent history with Grand Circle.

Grand European Tour with Viking

Join your fellow LLI/NOVA travelers to share experiences on an extraordinary journey through the heart of Europe on



Viking's Grand European Tour beginning in June. Viking is offering round-trip economy class airfare for \$599.

Rod Dyck is maintaining a list of those looking to share a cabin on this trip. One woman is interested in sharing with another woman. If you might be interested, please contact Rod.

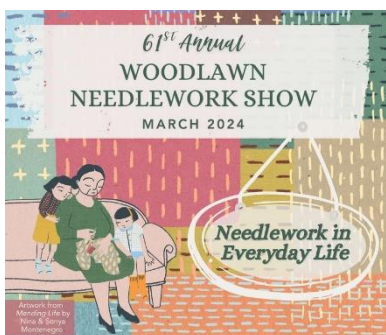
For details and information on registering for either of these trips, click [here](#).

Contact Study/Travel Committee Chair Rod Dyck at rd2222@aol.com or 703-328-1660 with any questions or comments.

The Study/Travel Committee needs someone to chair its Study Subcommittee. The subcommittee focuses on the study part of the program, which includes travel destination classes prior to travel. If you are interested or would like to learn more about the Subcommittee, please contact Rod Dyck. We are grateful to Arline Sachs, who has volunteered to arrange for a Zoom class to cover New Zealand.

Cultural Excursions

March 13: The 61st Annual Woodlawn Needlework Show, Alexandria –10:30 a.m.



Visit Woodlawn Plantation during the annual Needlework Show to see the needlework that is displayed throughout the historic house. The

house was built in 1805 on land given by George Washington to Nelly Custis and her husband, Lawrence Lewis. The theme of this year's Needlework Show is "Needlework in Everyday Life."

The Woodlawn Mansion is not fully handicap-accessible. There are stairs to the second floor, the restrooms are not ADA compliant, and there are three steps separating the two levels of the Pope-Leighey House.

We will meet at Woodlawn at 10:30 a.m. After touring the house and viewing the needlework, you can enjoy lunch at Nelly's Café, if you wish. The café is located in the historic house and is open from 11:30 a.m. to 2:00 p.m.

You may also tour the Frank Lloyd Wright-designed Pope-Leighey House, which is on the grounds of Woodlawn Plantation. The Pope-Leighey House, an example of affordable Usonian architecture, exhibits the distinct features characteristic of Wright's formidable vision and style.

Tickets to the Needlework Show cost \$18 and can be purchased in advance or on-site. Separate tickets are required for the Pope-Leighey House; the cost is \$12 for those over age 62. Free parking is available on the grounds of Woodlawn, located at 9000 Richmond Hwy. (Rt. 1), Alexandria. For more information on the Needlework Show and Woodlawn click [here](#).

Please also [register with LLI](#) so trip leader Jane Smith can get a count of attendees.



Woodlawn House



Pope-Leighey House

March 19: O Street Museum in the Mansion, D.C. –10:30 a.m.



Take the self-guided Secret Door Tour of the O Street Mansion, a hands-on, immersive museum/hotel/showpiece with a focus on history and music legends. Each visit promises access to at least 60 legendary rooms and 32 concealed passages. It's your challenge to find and conquer, using just your sleuthing skills.

The O Street Museum's website says that Smithsonian rated it one of the "Top 5 places to explore - in the world!" and Bookings.com listed it as "The coolest place in DC!" Learn more about this unique site [here](#).

If desired, join members for lunch in Dupont Circle after the Museum visit.

Please also [register with LLI](#) so trip leader Suzanne Holland can get a count of attendees.

Special Interest Group (SIG) Meetings at a Glance

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

POC = Point of Contact

Bridge – Thursday, January 25, 12:30 – 4:30 p.m. at Thomas Jefferson Library (no bag lunch), and Thursday, February 25, 10:30 a.m. – 2:30 p.m. at Mason District Governmental Center.

All levels of player are welcome. For more info, click [here](#). POC Bob Huley, roberthuley@cox.net

Favorite Books – Thursday, February 15, 11:30 a.m. – 1:00 p.m. at KPL

"My Vanishing Country" by Bakari Sellers (memoir).

POC Lynne Smaldone, lynne.smaldone@gmail.com

Financial Discussion Group – Discontinued until new leader is found.

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

Foodies & Friends – Thursday, February 29, 12:00 p.m. See article on next page for details.

Mystery Books – Monday, February 5, 1:30 – 3:00 p.m. at KPL

"Desert Star" by Michael Connelly. POC Mary Lu Bednarsky, mlbednarsky@gmail.com

Photography – Friday, February 16, 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. POC Buck Myers, hbm@hbmphoto.com

Tabletop Games – Tuesdays, January 23 (Qwerkle) and February 27 (Mille Bornes), 1:30 – 3:00 p.m. at KPL. POC Mary Lu Bednarsky, mlbednarsky@gmail.com

Visual and Performing Arts

Save the date for VPA's spring outing to Glenstone! We are scheduled to visit on Thursday, April 18 at 10:00 a.m. Reserve your spot by sending an email to vpa@lilnova.org. For further information about Glenstone, check out [this](#) YouTube video.

Discounted Tickets at GMU Center for the Arts – For \$15.00 (plus a \$4.00 service fee) per seat, LLI members may purchase tickets for any available seat at selected performances at George Mason University Center for the Arts. To find details about the shows and purchase tickets online, click on the LLI VPA SIG webpage [here](#). These are the remaining shows and dates for which this discount applies (links are to GMU's website):

- [Hamid Rahmainian's Song of the North](#) – January 27, 4:00 p.m.
- [Virginia Opera: Sanctuary Road](#) – February 4, 2:00 p.m.
- [A.I.M by Kyle Abraham](#) – February 17, 8:00 p.m.
- [Jubilee/Mnozil Brass](#) – February 25, 3:00 p.m.
- [Small Island Big Song](#) – April 20, 8:00 p.m.

Come join us. All are welcome!



Foodies & Friends



Thursday, February 29, 12:00 p.m.

Marib Restaurant, 6981 Hechinger Dr., Springfield

Join Foodies & Friends on Leap Day at one of the finest Yemeni restaurants in the area. We are actually leaping back, as we had feasted at Marib Restaurant in 2019. Stepping into Marib is an exciting experience of cultural aroma and flavor. Every dish is a delightful little story from Yemen. One reviewer says, “Marib Restaurant makes dishes with the sort of flavor that makes you shut your eyes and savor every bite.” In Yemen, Mathlotha is a labor-intensive holiday offering. Here, it can be had every day, even at breakfast. A thin layer of savory porridge forms the base of

the shareable dish. Then come torn pieces of flatbread and basmati rice plus chunks of roasted lamb or chicken. Other popular items include lamb broth perfumed with cardamom; roast chicken with fried onions; Susi, a sweet and savory French-toast-like casserole; Haneeth, hunks of lamb on a mound of basmati rice; and Shafout, a layering of bread with a cool buttermilk soup. There are also very familiar Middle Eastern offerings available. While the restaurant doesn’t serve alcohol, the minty limeade marries well with the Middle Eastern flavors.

An interesting factoid: Marib is the capital city of the Ma'rib Governorate in Yemen, and was the capital of the Sabaeen kingdom, which some scholars believe to be the ancient Sheba of biblical fame.

Check out the restaurant’s website at <https://www.maribrestaurant.com/>. Separate checks will be provided, parking is easy, and the restaurant is totally accessible. Patti Volz is your host for this lunch. RSVP to pvolz63@gmail.com by February 26. Hope to see you there!

SAVE THE DATE!!!

On Friday, March 15, Foodies & Friends will celebrate two special events. Please consider participating in one of LLI’s oldest SIGs as we gather for the group’s fourth visit to a restaurant serving up good food, warmth, and hospitality for more than 30 years. First-timers are always welcome! Watch for complete information in the March newsletter. Until then, we hope the suspense of not knowing the destination isn’t too much for you to bear!

Recordings of Zoom Classes and Forums Now Available Online

LLI members may watch classes and Forums held via Zoom after their initial presentation. Zoom classes will be recorded subject to the instructor’s permission, and made available online for two to four weeks (depending on storage constraints). To access recorded videos, click the “Recorded Classes” link on the right side of the LLI/NOVA home page. Members must be logged in to view the videos.

Please note: when a class is being recorded, attendees concerned with privacy may turn off their cameras and microphones, and may change their name on the Zoom session to “anonymous.”

