



# News & Views

Volume 29—Number 3

March 2025

## Wednesday, March 5 --- 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)*



### Keeping Safe Online

**Speaker: Dr. Richard Forno, Assistant Director  
Center for Cybersecurity at the University of Maryland  
Baltimore Campus**

Identity theft and the hacking of our personal information from online records are real and present dangers. Our Forum speaker, Dr. Richard Forno, will discuss best practices to keep ourselves safe. He will describe and dispel common myths about online security, and then discuss the many concerns about pervasive identity theft and what to do about them.

Dr. Forno is interested in the influence of technology on national security, individuals, and global society. His 20-year career in operational cybersecurity spans the government, military, and private sector, including helping to build the first formal cybersecurity program for the U.S. House of Representatives, serving as the first Chief Security Officer for Network Solutions (then the global center of the internet Domain Name System), advising Fortune 500 companies on critical infrastructure protection, and co-founding the CyberMaryland conference. He was one of the early experts on information-age conflict.

Dr. Forno holds a Ph.D. in Internet Studies from Curtin University of Technology in Australia and is a graduate of Salve Regina University, the Naval War College, American University, and Valley Forge Military College. He has received research support from the National Science Foundation and the Department of Defense.

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### Recruiting LLI Instructors

Even though we were recently shoveling snow from our driveways, we're planning for the **summer 2025** semester! We're currently soliciting class proposals by the **March 24 deadline**. We welcome new instructors. Think about anyone you know who may be interested in sharing their expertise or interest by teaching an LLI class. They can be professors, LLI members, teachers, subject matter experts, community advocates, naturalists, friends, neighbors, community members or **YOURSELF**. Simply ask the prospective speaker to complete the online class proposal form [here](#), or contact the Curriculum Committee (Ellen Wallace, [ephelan80@hotmail.com](mailto:ephelan80@hotmail.com)) to do the contacting.



## President's Corner



### What Is a SIG?

Based on our recent membership survey, I realized that many members do not know much about our Special Interest Groups (SIGs). So, for the next few newsletters, I will be sharing highlights about these groups as reported to me by the chairs who lead them. And the first thing I have been hearing is how much fun they have, and that new members are welcome.

**Favorite Books Club:** This club met for the first time in October 2002 to discuss the well-known "The Red Tent" by Anita Diamant, and it is still going strong 23 years later. Led by Lynne Smaldone, it currently boasts 14 members. It meets on the third Thursday of the month in the Supervisors Meeting Room at Kings Park Library, 9000 Burke Lake Rd., Burke. Participants read a variety of books, both fiction and nonfiction, which are chosen by members. There is a facilitator each month, who provides information on the author's background and helps lead the discussion. For more information, contact Lynne at [lynne.smaldone@gmail.com](mailto:lynne.smaldone@gmail.com).

**Tabletop Games:** This is one of our newest SIGs and came about in response to a membership survey. It currently has 20 members. The group loves games that are played with everyone who attends, but they also break up into smaller groups for games that limit the number of players. Examples include Mexican Train, Swoop, Penny Drop, Double-Ditto, and Trivia. If members have a new game they'd like to play, they teach the others. The group meets every fourth Tuesday of the month at the Kings Park Library at 1:30 p.m. Chair Mary Lu Bednarsky says the camaraderie among its members guarantees the hour and a half is filled with laughter. For more information, email her at [mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com).

**Mystery Books:** This SIG meets on the first Monday of the month (unless there is a holiday or a library book sale) at 1:30 p.m. at the Kings Park Library. Mary Lu Bednarsky also chairs this group. Generally, about ten members attend each meeting to discuss mystery-themed books by authors such as Lee Child, Michael Connelly, David Baldacci, Megan Miranda, and Carl Hiaasen. One member chooses a book and leads the discussion for the meeting. They try to identify the book choices three months in advance to give members ample time to read them at their own pace. For more information, contact Mary Lu at [mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com).

There may be a new SIG forming, too! See the article on page 4 about the Cinema SIG.

As always, please consider volunteering on a committee. **Remember: Our strength is our members!**

Patti Volz  
President, LLI/NOVA

## Encore Learning

### Dear Miss Perkins: Author Talk with Dr. Rebecca Brenner Graham

Monday, March 3, 3:00 – 4:30 p.m.

**Online via Zoom:** no registration required. Details are available [here](#).

### NOVA Annandale Lyceum 2025 Spring Speaker Series

#### The Life of a Diplomat

Dr. Susan Ross, NOVA faculty  
Tuesday, March 4, CA 302,  
1:00 p.m.



#### Climate, Chaos, and Keats: Poetry in the Eras of Uncertainty

Professor Nicole Tong,  
Inaugural Poet Laureate of  
Fairfax County  
Tuesday, April 1, CA 302,  
1:00 p.m.



## Zoom Class Links are MOVING

### —Affects All Zoom Classes—Please Read

Due to recurrent problems with members accessing links to Zoom classes, the Curriculum Committee has developed a modified way to access the Zoom class links **beginning April 1**. Administrator Janice Viola will continue to send out two email notices prior to the class, but rather than give a link to the class itself, she will provide a link to “Online Class Materials” where you’ll see a box for “Zoom links.” You will be prompted to login, and will then see Zoom links for classes, which will be available at least three weeks in advance of each class. This new system will allow access to the Zoom class links in the event that a member doesn’t get a notice from Janice, or loses the link, or forgets to register for the class. Also, you will be able to copy the link, and add it to your home e-calendar. Therefore, in addition to solving the “lack of link” problems, this modified approach will have other benefits.

There will also be a link on the LLI/NOVA website ([llinova.org](http://llinova.org)) home page entitled “Recorded Classes and Zoom links” which will take the member directly to the “Online Class Materials” section. Again, login is required. Prior to April 1, recorded Zoom classes may be accessed [here](#).



### Our newest member:

- David Carlson
- Janice Hildreth

### Greeting Cards for our LLI Friends

Do you know an LLI member who might appreciate receiving a greeting card with get-well wishes, sympathy, “thoughts of you,” or other supportive words from LLI? If so, contact Arlene Gribben ([arlenegribb@aol.com](mailto:arlenegribb@aol.com) or 703-569-0357).

## Community Outreach

Stuff the Bus event to benefit ACCA  
Saturday, March 1, 10:00 a.m. – 3:00 p.m.  
Giant Food parking lot, 7137 Columbia Pike,  
Annandale



This month we encourage our members to donate non-perishable food to the "Stuff the Bus" event taking place on March 1 (see location and times above). This event is being held to benefit the Annandale Christian Community for Action (ACCA). ACCA is a church-related volunteer organization providing rental assistance, day care, food, furniture, and other services to low-income families in Annandale and the Bailey's Crossroads area. In December 2024, ACCA served 143 households, including 471 clients with emergency financial assistance, food, and furniture.

According to the Capitol Area Food Bank's 2024 Hunger Report, the prevalence of food insecurity in Fairfax County is 27%, an increase of 3% from 2023. **The need is great.**

All non-perishable food items are welcome; however, the most needed items are soup, beans, tomatoes, corn, chicken, and crackers. If you can't make it to the "Stuff the Bus" event, please consider other ways to give by visiting [accacares.org/how-do-i-give/](http://accacares.org/how-do-i-give/). Information on Fairfax County's "Stuff the Bus" program may be found [here](#).

– Betsy Pugin and Susan Jagen

## Let's Go to the Movies!

A suggestion in our recent member survey was to establish a monthly Cinema SIG. While the LLI/NOVA Board does not create SIGs, we are happy to facilitate their establishment. (And, yes, we listen to you!)



The SIG would likely meet on Wednesdays, when Cinema Arts Theatre in Fair City Mall offers \$6 tickets for seniors. Members of the SIG would decide what movie they want to see and at what time. Or they may prefer to meet at the venue at a given time while members see whichever film they prefer.

There are chairs and tables between Cinema Arts and Mama Lucia's restaurant, allowing movie fans to gather before or after the showing and discuss the film(s) they chose, if they wish.

We will need a chairman to organize this SIG. Please email Patricia Brennan ([patriciabbrennan@cox.net](mailto:patriciabbrennan@cox.net)) if you are interested in joining the group.

### Special Interest Group (SIG) Meetings at a Glance

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

**POC** = Point of Contact

**Bridge – Thursday, March 6, and Wednesday, March 19, 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 Martin Stutsman, [4business2stutsman@cox.net](mailto:4business2stutsman@cox.net)

**Favorite Books – Thursday, March 20, 11:30 a.m. – 1:00 p.m. at KPL**

"Walk Through Fire: A Memoir of Love, Loss, and Triumph" by Sheila Johnson.

POC Lynne Smaldone, [lynne.smaldone@gmail.com](mailto:lynne.smaldone@gmail.com)

**Foodies & Friends – Tuesday, March 4, Noon.** See article on page 5 for details.

**Mystery Books – Monday, March 3, 1:30 – 3:00 p.m. at KPL**

Our March book is "The Silent Patient" by Alex Michaelides. For April, we will be examining the book "The House Across the Lake" by Riley Sager. Please join us for a lively discussion.

POC Mary Lu Bednarsky, [mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com)

**Photography – Friday, March 21, 10:00 a.m. – 12:00 p.m. at KPL.** New members are always welcome. Cell phone cameras are fine. Meetings are normally the third Friday of every month.

POC Buck Myers, [hbm@hbmphoto.com](mailto:hbm@hbmphoto.com)

**Tabletop Games – Tuesday, March 25, 1:30 – 3:00 p.m. at KPL.**

We will be playing SWOOP again, so members can understand the game better.

POC Mary Lu Bednarsky, [mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com)

**Visual and Performing Arts –**

Sketching in the National Gallery of Art's Sculpture Garden – April 12. See page 7.

LLI/NOVA members can go to the [Visual and Performing Arts](#) section of the LLI website and use our specially designated code to purchase \$15 tickets to the following performances:

- [The Peking Acrobats](#) – Sunday, March 9, 1:00 p.m.
- [Shakespeare's "The Tempest"](#) – March 29 and 30, and April 4 and 5, 2:00 p.m.
- [Cirque Mechanics: Pedal Punk](#) – Saturday, April 5, 2:00 p.m.
- [Virginia Opera: "Loving v. Virginia"](#) – Sunday, May 4, 2:00 p.m.

## Foodies & Friends

Tuesday, March 4 – Noon  
[RT's Restaurant](#)  
3804 Mt. Vernon Ave.,  
Alexandria



***Laissez les bons temps rouler!*** Repeat performance! Two years ago, Foodies & Friends celebrated Mardi Gras at RT's. It's time to do it again and dine on the distinctive Creole and Cajun cuisine of southern Louisiana. On this annual party day, the restaurant is specially decorated in the colors and traditions of New Orleans.

For more than 30 years, RT's has focused on the specialties of New Orleans, providing a unique Northern Virginia dining experience, offering selections rarely found at other area restaurants. While the extensive menu focuses on seafood and Cajun/Creole specialties, there are also non-seafood items prepared in the distinctive New Orleans style. Click [here](#) to see the menu.

RT's has been selected as one of the top 50 Southern Restaurants in the country by Forbes Magazine, has been included in Washingtonian Magazine's "Top 100 Restaurants," and has been recognized for its seafood in the nationally acclaimed Zagat Survey. Ratings on both Yelp and Tripadvisor indicate diners highly recommend this restaurant.

In honor of this special day, consider wearing your finest Mardi Gras colors of purple, green, and gold with some beads. For fun, bring a festive mask if you have one. Separate checks will be provided, and there is ample parking on the street or in nearby parking lots, including one almost directly across the street near the pedestrian crosswalk.

RSVP to Bev Portman at [firse1966@gmail.com](mailto:firse1966@gmail.com) no later than February 27 to reserve your seat for this festive celebration. Space is limited, so please reserve early.

## In Memoriam



LLI member Douglas (Doug) Johnson passed away on January 22, 2025. He was an active member ever since he joined LLI in 2004. He was leader of the Financial Discussion Special Interest Group for many years as well as the

Curriculum Committee chair. He served as the class coordinator for most of the LLI classes held at Greenspring Senior Living Community and recruited people he knew who could give interesting presentations to LLI.

Doug was born in Cleveland and grew up in Euclid, a suburb of Cleveland on Lake Erie. He earned a degree in chemical engineering from MIT and worked for Dow Chemical for several years. After leaving Dow, he worked at Merrill Lynch for more than 30 years.

When Doug and his wife, Leona, moved to Greenspring, he became an organizer there, too, planning weekly dinners, brunches, and visits to the Potomac Café. He organized a weekly discussion group which continues to this day. An avid reader, he created "The Johnson Moving Company" which collected surplus books from Greenspring's onsite library and from fellow residents and took them to Temple Beth El for its annual book sale. Doug is survived by Leona, who continues to live at Greenspring, and their three children, Debi, Bill, and Phillip, along with two grandchildren.

## Study/Travel Program

### Spring in Greece! Beginners Yoga Retreat

May 2 – 9



Picture yourself basking in the warm Greek sun as you gaze out over the Aegean Sea and diving into the rich culture of the stunning island of Amorgos, famous for its blue water. This yoga retreat will be led by Allie Malis of [Yoga Beyond the Studio](#).

The trip includes one or two optional yoga or Pilates classes each day (no yoga experience is necessary), a Greek cooking class, a boat tour with lunch, a private massage, and access to the pool, spa, gym, and hammam bath. There are two beaches and a small village within walking distance (transportation can also be provided). The five-star accommodations include a private balcony with sea views and a resident chef who prepares breakfast and dinner feasts.

Full details on this trip may be found [here](#). Contact Allie Malis ([alliemalis@gmail.com](mailto:alliemalis@gmail.com) or 703-307-3488) if you would like more information. Coordinator is Derick Malis ([derickmalis@gmail.com](mailto:derickmalis@gmail.com)).

### Study/Travel Program Committee chairperson (still) needed

Our Study/Travel Committee is looking for a new chairperson. More information about the committee and its responsibilities may be found [here](#). If you are interested in taking on this fun and rewarding opportunity, please contact Patti Volz at [pvolz63@gmail.com](mailto:pvolz63@gmail.com). For questions about the Committee, contact Rod Dyck at [rd2222@aol.com](mailto:rd2222@aol.com) or 703-328-1660.

## Exploring America's Great Parks

### 15-day tour with Globus Journeys

Spring 2026



Travel by bus to see the United States' most popular parks, memorials, and monuments: Grand Canyon, Grand Teton, Yellowstone, Mt. Rushmore, Arches, Bryce Canyon, and Zion. You'll travel through the spectacular scenery of Arizona, Utah, Colorado, South Dakota, and Wyoming on this national parks holiday. In between the canyons, peaks, arches, waterfalls, forests, and geysers, you'll be wowed by star-studded night skies, four-wheel drive tours, backcountry cookouts, and even a buffalo safari. VIP experiences go beyond the presidential sculptures of the Black Hills to a two-night stay at the historic Game Lodge at Custer State Park, which served as the "Summer White House" to president Calvin Coolidge. The tour also includes visits to Denver, Salt Lake City, and the entertainment capital of the world, Las Vegas.

LLI members Carol Fagnani and Frank Krempa are taking this bucket list tour. LLI members and their guests are welcome to join them. Contact Carol (contact info is available in the member directory) for the exact dates and for information on how to get ten percent off the list price. Detailed tour information is available [here](#).

A note from Carol: "Please read the reviews. This is a fast-paced tour that involves early morning bus rides. The lodging is not up to its standard 4/5 ratings due to lodging availability. I'm sure I'll survive, but there better be hot coffee ready!"

## Cultural Excursions

For details about each trip, please go to the [LLI Class Registration Calendar](#). Members and guests must register on the LLI website to participate in the trip. These are all meetups. If you are interested in participating in a carpool, whether as a driver or passenger, contact the Trip Leader, who will coordinate and share names of those looking to carpool.

### City Nature Challenge – Free

Friday, April 25, 2:30 to 4:00 p.m.,  
Hidden Oaks Nature Center, Annandale

LLI members, their guests, and the public are invited to participate in an event organized by the [Hidden Oaks Nature Center](#). This should be a fun event – simply a walk in the woods enjoying nature!

Each spring, cities around the world participate and compete in the Challenge, simply by observing and recording the wild plants and animals seen in nature. Those involved are taking part in one of the largest community science events in the world, as well as learning more about nature in our own urban environment. In 2022, LLI's participation contributed to Washington, D.C. ranking fourth in the world in citizen science observations.

Trip Leader is Mary Alexander, an LLI Board member who has taught many LLI classes on nature.

## Visual and Performing Arts Outing –Sketching in the [National Gallery of Art Sculpture Garden](#) – Free, Saturday, April 12, 12:30 – 2:00 p.m., D.C.

We will sketch in the outdoor National Gallery of Art Sculpture Garden. Bring your own supplies or use the National Gallery of Art's simple sketchbook and pencils.

The landscaping of the sculpture garden space provides a distinctive setting for 17 major works.

We will enjoy the reflecting pool and fountain in the center of the Sculpture Garden. Spacious walking and seating areas give participants a chance to rest and reflect on the works of sculpture amid the rich landscaping.

This gathering is limited to LLI/NOVA members. Meet at the gallery for coffee in the outdoor café.

Further information and registration for this outing is online [here](#). POC is [Anna Dixon](#).

## Bristoe Station Battlefield Heritage Park Tour – Free

Wednesday, April 30, 1:00 p.m. Bristow

Join us for a guided tour of the [Bristoe Station Battlefield Heritage Park](#), a 140-acre historic site in western Prince William County. Federal and Confederate soldiers fought the Battle of Kettle Run on August 27, 1862, and the Battle of Bristoe Station on October 14, 1863. For each of the two battles, the corresponding walking trail is about 1.25 miles. This can be shortened if need be.

This event is open to LLI members and guests. Please register so we know how many will be attending. Trip Leader is Regina Rogers.



**Fairfax County Emergency Operations Center and 9-1-1 Call Center Tour – Free**  
Friday, June 6, 10:00 –11:30 a.m., Fairfax

**Rippon Lodge Historic Site Tour – \$3**  
Tuesday, June 10, 1:00 p.m., Woodbridge

**Anderson House Tour – Free**  
Thursday, July 10, 1:00 p.m., Dupont Circle



## Know the Joy of Being a Social Host!

### *Art, Culture, and Connection at the National Gallery of Art*

What if your next outing was filled with art, culture, and engaging conversations with inspiring international students? That's exactly what happened when NOVA's Community College Initiative (CCI) Program students explored the National Gallery of Art (NGA) last month—led by Visual and Performing Arts chair Anna Dixon, who has 26 years of docent experience.

The [CCI Program](#), sponsored by the U.S. Department of State, brings students from around the world to the U.S. to develop leadership skills, professional expertise, and English language proficiency while studying at a community college. As a social host, you have the unique opportunity to introduce these students to American culture, history, and daily life—while enjoying great experiences yourself.

At the NGA, 19 graduate students from 11 developing countries, plus two instructors, embarked on an enriching day of artistic discovery and experience. They started at the Cascade Café, where the sound of the waterfall set the perfect ambiance for conversation and connection. With sketchbooks in hand, students expressed their creativity in the sculpture galleries, capturing the beauty of the artwork in their own unique ways.



Next, they explored the NGA's American Stories tour, diving into how American art has shaped and reflected national identities from the colonial era to the early 20th century. Thought-provoking discussions brought history to life, making for a truly unforgettable experience.

Our next LLI/CCI event is the [Cultural Show on March 7](#) – a vibrant celebration of global traditions and style.

Social hosts are always welcome, so if you haven't signed up yet, now is the perfect time. Contact [Anna Dixon](#) for details. Come be part of the adventure—you never know what incredible experiences await when you become a CCI social host!

## LLI Tech Team

The following LLI/NOVA members are available to assist with tech issues:



- Susan Bigman, Apple devices: [stbigman@gmail.com](mailto:stbigman@gmail.com), 703-862-9323
- Luis Granados, Android devices: [granadoskerry@yahoo.com](mailto:granadoskerry@yahoo.com), 202-460-1270
- Andy Butler, available evenings and weekends: [abutler@pbs.org](mailto:abutler@pbs.org), 703-451-5834
- Fritz Ernst, a Mac specialist: [fritz\\_ernst@msn.com](mailto:fritz_ernst@msn.com), 703-569-3898
- Steve Malone: [steven69m@icloud.com](mailto:steven69m@icloud.com), 202-494-3773

### LLI/NOVA Board of Directors

<b>President:</b> Patti Volz	<b>Members:</b>
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Contact at <a href="mailto:admin@llinova.org">admin@llinova.org</a>	Richard Martin, Ed McKnight

### LLI Newsletter Committee

**Chair:** Cathy Becker, [cz.becker@verizon.net](mailto:cz.becker@verizon.net)  
Loren Brandman, Patricia Brennan