

Wednesday, October 7 -- LLI/NOVA FORUM**LOCATION:** Little River United Church of Christ, 8410 Little River Turnpike, Annandale

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

Tell **Steve Cohen** if you have a joke to share for "A Funny Thing Happened on the Way to the Forum"**George Washington: First Love, True Love**

We welcome back **Professor Peter Henriques** for another in-depth and timely look at George Washington during this year of our country's 250th anniversary. Last fall, Peter spoke to us about how the early 21st century has been hard on the reputations of many of the Founding Fathers who were slaveholders, regardless of how significant their contributions may have been. This time Peter is back to speak about Washington's two great loves. We're giving no spoilers, so come to the Forum and find out what this is about! Peter's reputation precedes him; his lecture last year pulled in one of our largest audiences. Since he keeps talking about retirement, we are fortunate that he has agreed to give us another talk.

Peter R. Henriques received his PhD in history from the University of Virginia and is Professor Emeritus of History at George Mason University. He is one of the country's foremost scholars on George Washington and the author of *First and Always: A New Portrait of George Washington*, *Realistic Visionary: A Portrait of George Washington*, and *The Death of George Washington: He Died as He Lived*, and his latest book, *George Washington: His Quest for Honor and Fame*. Dr. Henriques has served as a lecturer on the History Channel, a consultant on an A&E network biography episode on [George Washington](#), and a featured speaker at many lectures and seminars. A member of both the Editorial Board for the George Washington Papers and of the Mount Vernon Committee of George Washington Scholars, he regularly conducts leadership institutes at Mount Vernon for various government and private concerns. He has received several honors including one for presenting the Distinguished Lecture Series at Colonial Williamsburg, a George Washington Fellowship by Mount Vernon, and the George Washington Memorial Award given by the George Washington Masonic Memorial Association.

After-Forum Lunch — Join fellow LLI members for lunch at [Silverado](#), 7052 Columbia Pike, Annandale. New members are especially encouraged to come. Steve Cohen will host.

Welcome, New Members

- Stuart Dunn
- Martha Hennen
- Adelaide Kellar
- Alan & Alfreda Rulis
- Barbara Willer

**POC Information**

Underlined names are points of contact (POCs). Click on them, sign into our [website](#), and find the POC's contact information in our member directory.

President's Corner: Curiosity II



To follow up on last month's observations of LLI members' curiosity about classes and subject matter, here is another angle. We also have innate curiosity and concern about others. I'd like to offer some ideas to bring new members

into our fold, and to suggest ways we can help them more easily become part of LLI.

The first idea is – believe it or not -- **wearing our nametag lanyards**, especially at Forums. I was as guilty as anyone in leaving it home, but have worn mine now for a record three months in a row. In that time, I've had people say "Oh, you're Patti!" or "I'm so and so, a new member." That lanyard has even facilitated my meeting long-time members I've never talked to before. It's a small effort to (remember to!) put it on, but it helps make us more approachable. Our Forums are the perfect place for all of us to approach someone we don't know and to mingle with them over coffee and cookies. It's an easy way to make new members and visitors feel welcome.

Another idea is for all of us to **talk up our committees and SIGs** and invite new members to join them.

Also, there is an opportunity to **meet and greet after classes**. Morning classes end at 11:30 – perfect timing to have a quick lunch with someone. Or put enough extra time on your parking payment in the garage to allow a few minutes of chatting with others after classes. None of this requires any work. It just takes one person to suggest it, and others to join in. Comradery is the key. And, if there are no takers, that's ok; keep asking.

I also have a pep talk for our **new members**. Please explore our committees and Special Interest Groups (SIGs)—including book clubs, photography, bridge, tabletop games, and Foodies. These are great for engaging in

smaller groups. Last, come to our lunches after the monthly Forums. Next month at the Forum, when we ask who wants to join, why not hold up your hand? You are our future and we want you to feel engaged.

While it may not be easy, the next time you see someone you don't know at the Forum or a class, introduce yourself! It might be the start of something great.

And speaking of comradery, I look forward to visiting with members at the

**LLI Potluck Picnic on Wednesday
September 30,
12:30 p.m. at [Roundtree Park](#).**



Thanks, and remember:
Our strength is our members!

Patti Volz (president@llinova.org)
President, LLI/NOVA

Community Outreach



Thank you for the huge collection of food you brought to the September Forum to start our new program year. And thanks to the Hoplers for taking our donations to FACETS after the Forum.

On October 7, the Forum food collection will be for our friends at NOVA, the Nighthawks Food Pantry. This collection benefits students and others at the college who are studying and may also be working and supporting their families.

Please bring nonperishable food items that can be consumed on campus, including granola bars and snacks, boxed drinks, microwavable food, and vegan and vegetarian items. Baby diapers, wipes, and feminine hygiene products are helpful also. If you have a few extra brown bags, we can always use those, too.

Thank you for your unfailing generosity.

– Betsy Pugin and Debbie Omori

LLI/NOVA Scholarships



Our fundraising drive for scholarships is in full swing. Our goal is to raise between \$25,000 and \$30,000. This year, as an added incentive, there are two challenge grants in effect sponsored by Debbie and Steve Cohen and Patti Volz. After \$7,500 was raised, \$2500 was added. At \$15,000, an additional \$5,000 will be added. And if we reach \$23,000, a final \$2,500 will be added.

As of September 16, we have raised over \$11,000, including the first \$2,500 challenge grant. Our scholarship awards range from \$4,400 to \$5,400 depending on the funds raised. **The more we raise, the more we can help.** Please help us continue LLI/NOVA's tradition of supporting the community by providing as many scholarships as possible.

Our scholarship program is in its 27th year. We have provided invaluable financial help to many exceptionally qualified and deserving students. Northern Virginia Community College provides a solid education and a great value compared to the cost of two years at a four-year college.

To make a tax-deductible donation, please go to: <https://llinova.org/scholarship-program/>. Click the green "donate" button at the top or bottom of the page. You may pay by credit card, or by mailing a personal check or Qualified Charitable Distribution (QCD) from your IRA, payable to "LLI/NOVA" to:

LLI/NOVA, Attn: Scholarships
CFH Building Room 202
8333 Little River Turnpike
Annandale VA 22003-3743

Donations received by our **October 16 deadline** will be used for 2026-2027 academic year scholarships.

Please give generously. Thank you for helping deserving students continue their studies.

Steve Cohen
Scholarship Committee Chair

Help LLI/NOVA Recruit at Expos

Every fall our local government agencies hold expositions on programs and services offered to older citizens. For the past few years, LLI/NOVA has exhibited at these fairs, promoting the classes, events, and activities that we offer, resulting in our recruiting new members. This is helpful to LLI/NOVA, as well as being fun and rewarding for our volunteers.

We need LLI/NOVA volunteers to staff our table at the following events. You can offer as much or as little time as you wish. We only need your enthusiasm! Please look these over, and then let [Mary Alexander](#) know which dates and times you are available!

Sunday, October 18 – Venture into Volunteering Fair – Staying Active through Volunteering, **from 12:00 noon to 4:00 p.m. at Springfield Town Center on the upper level.** This fair, sponsored by the Fairfax County Department of Family Services, takes place alongside the annual [Beacon 50+ Expo](#), where attendees can learn about services and resources for older adults. More info at bit.ly/VOLFAIR.

Saturday, October 31 – Open Season Workshop, hosted by Congressman James Walkinshaw **from 10:00 a.m. to 1:00 p.m. at the Fairfax County Government Center.** Exhibitors will display the types of wellness services provided to older Americans.

Saturday, November 14 – The Mason District Health Fair, hosted by Supervisor Andres Jimenez, will take place **from 9:00 a.m. to 12:00 noon**, at the **James Lee Community Center in Annandale.** Exhibitors will display the types of wellness services provided to older Americans.

Please contact [Mary Alexander](#) if you can help. Volunteering is good for your health!

LLI Travel Opportunities

Hi, I'm Dara, Travel Coordinator for the new LLI Travel Program. Are you interested in travel? Would you like to go on an adventure? Would you like to join me on one of these cruises?



NCL Norwegian Prima

- [12-day Panama Canal with Costa Rica & Caribbean Holiday](#)
December 26, 2026 – January 10, 2027 on Princess's Caribbean Princess.
- [7-day Greek Isles from Athens to Venice: Santorini, Olympia & Croatia](#)
May 9 – May 16 on Norwegian Cruise Line's Norwegian Gem
- [10-day Mediterranean From Venice to Rome: Italy & Spain](#)
May 17 – May 27 on Norwegian Cruise Line's Norwegian Prima
- [7-night Greek Isles Cruise](#)
May 30 – June 6 on Royal Caribbean's Odyssey of the Seas

Click the hyperlinks above for more information on each cruise. If you are interested in any of these trips, contact me (contact info below).

Please also contact me if there is a trip you are planning and would like to offer other LLI members the opportunity to join you.

Dara L. Aldridge, travel@llinova.org
(Phone number available in the [LLI directory](#).)

LLI/NOVA Board of Directors

President: Patti Volz
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Contact at admin@llinova.org

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Carol Fagnani, Ed McKnight,
John Sullivan, Ellen Wallace

LLI Newsletter Committee

Chair: Cathy Becker, newsletter@llinova.org
Loren Brandman, Patricia Brennan

Winter Luncheon



Wednesday, December 2,
11:00 a.m.

Please mark your calendar
to attend LLI/NOVA's Winter
Luncheon at the Country

Club of Fairfax. Details will be included in next
month's newsletter. POC is [JoAnn Ackerman](#).

Foodies & Friends

Friday, October 23, 11:30 a.m.

[Villa Bella](#),

6050-C Burke Commons Rd., Burke



For generations, the family that owns Villa Bella has shared the warmth and comfort of Italian cuisine with their community. All of their dishes are crafted from time-honored recipes passed down through the years. From their hand-tossed pizzas to salads and pasta dishes, they use only the finest ingredients and authentic techniques to bring a taste of Italy to your table. The menu features classic Italian favorites made from fresh ingredients: pizzas made from hand-tossed dough, savory pastas, seafood dishes, plenty of vegetarian options, and traditional Italian desserts. The restaurant is conveniently located and is accessible. Separate checks will be provided. There is a large parking lot. Our host this month is [Mindy Rojahn](#). Contact her not later than October 16 if you can join us.

Cultural Excursions

The George Washington (GW) University Museum and The Textile Museum – Free
Friday, October 2, 11:00 a.m., D.C.

Three exhibits at GW's University and Textile Museums will be leaving in several weeks. Join us to see these exhibits before they're gone:

[Weaving an Empire: Textiles of the Inka World.](#)

In the 15th century, the Inka built one of the world's largest empires, rapidly expanding beyond the Cuzco Valley to occupy much of South America's western region. The Weaving an Empire exhibit displays rarely-exhibited garments from the diverse communities under Inka rule.

[Generations D.C.](#) This exhibit includes scenes from American history that occurred at key locations around D.C., from the White House to the U.S. Capitol Building. In honor of the 250th birthday of the United States, this exhibition brings new perspectives to some of the capital city's most familiar sites, presenting historical images alongside the stories of laborers, activists and artists across generations.

[Revolutionary Echoes in Washington.](#) A selection of rare letters, maps, and illustrations reveal how the ideas of the Declaration of Independence resonated in America's young capital city during its first century. Artworks and artifacts explore how American independence echoed across Washington's early history, from the revolutionary era to the Civil War to the country's 1876 centennial.

The museum is located on GW's Foggy Bottom campus at [701 21st Street, NW](#). The closest Metro Station is Foggy Bottom-GWU, four blocks from the museum. There are also nearby parking garages. Meet in the museum lobby at 11:00 a.m.

See the museum [website](#) for further information on transportation, parking, and more info on the exhibits. The museum does not have a cafe. After the museum visit,

members can discuss which restaurants they may want to go to for a snack or lunch.

Leader is [Carol Fagnani](#). Members must register themselves and any guests on the [LLI website](#).

A Fall Afternoon Tea – \$50

Thursday, October 15,
11:30 a.m. to 1:30 p.m.

[Crest Hill Tea Room](#),
6488 Main St., The Plains



Every year Bonnie Hopler falls in love with fall, and she hopes you do, too. Please join her in spending a beautiful fall day in the historic village of The Plains for a delicious afternoon tea. The cost is \$50 per person, which includes tax and the required 22% gratuity. There is space for five more guests. Register [here](#) no later than October 1. Further details about payment, accessibility, and deadlines are available on the registration page.

Visual and Performing Arts (VPA)--

\$20 Tickets at the Center for the Arts

The discounted performances (with links to the GMU website) for the remainder of 2026 are:

- [VOCES8](#), Saturday, October 17 at 7:30 p.m.
- [Compagnie HERVÉ KOUBI](#), Saturday, October 24 at 7:30 p.m.
- [Shanghai Ballet: Giselle](#), Sunday, November 8 at 4:00 p.m.
- [Spanish Harlem Orchestra](#), Saturday, December 5 at 7:30 p.m.



Reminder: The LLI Potluck Picnic is Wednesday, September 30, at 12:30 p.m. at [Roundtree Park](#).

Special Interest Group (SIG) Meetings at a Glance

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

POC = Point of Contact

Bridge – Wednesday, October 14, and Thursday, October 29, 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, bridge@llinova.org

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

Our choice for October is “The Monk of Mokha” by Dave Eggers (nonfiction).

POC Lynne Smaldone, favoritebooks@llinova.org

Foodies & Friends – Friday, October 23, 11:30 a.m. See article on page four for details.

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

“The Black Wolf” by Louise Penny. POC Mary Lu Bednarsky, mysterybooks@llinova.org

Tabletop Games – Tuesday, October 27, 1:30 – 3:00 p.m. at KPL

We will play Five Crowns. POC Mary Lu Bednarsky, tabletopgames@llinova.org.

Photography – Friday, October 16, 10:00 a.m. – 12:00 p.m. at KPL

Check out the new Photo SIG website [here](#). Each month the SIG picks a theme for members to reflect on in their photos. There are some very talented photographers in LLI! Check out some of their best work. Some examples from August’s theme of “The Color Blue” are included below, but there are many more on the website (and you can see larger versions with better resolution). New members are always welcome. Cell phone cameras are fine.

POC Buck Myers, photo@llinova.org.



Photo by Buck Myers



Photo by Jona Wheeler



Photo by Michael Hamilton



*Photo by
Richard
Ackerman*



List of October Classes

Have you signed up for your classes in October? Click on [Classes & Events - linova.org](https://www.linova.org/classes-events) to register for classes. Details about classes can be found in the [Fall-Catalog](#)

TITLE	INSTRUCTOR	COORD.	DAY	DATE	TIME	LOCAN
Active Learning in Biology	Gillian Backus	D Cohen	Th	10/1	10:00-11:30	NOVA CN 104
Behind the Headlines: Understanding Critical Race Theory and its Impacts	Chevella Wilson	P Volz	Th	10/1	1:30- 3:00	NOVA CN 227
The Newest Sight in Ancient Egypt	Bonnie Becker	S Campbell	Tu	10/6	10:00-11:30	Zoom
Digital Literacy: Skills to Survive in the Digital Age	Douglas Povich or Mayasa Telfair	R Sigman	Th	10/8	10:00-11:30	NOVA CN 104
Chemistry Matters: Making the Invisible Visible! (4))	Reva Savkar	P Volz	Th	10/8, 10/15, 10/22, 10/29	1:30- 3:00	NOVA CN 225
Japanese American Exclusion During WWII	Gerald Yamada	S Campbell	M	10/12	1:30- 3:00	NOVA CN 231
Grab Bag	Nat'l Park Svc	Hunsberger	Tu	10/13	1:30- 3:00	NOVA CN 231
Underwater Wonders is Back	Steve Cohen	S Cohen	W	10/14	1:30- 3:00	NOVA CN 231
Watergate's Unexpected Hero: The Life of Peter Rodino	Larry Spinelli	P Volz	Th	10/15	10:00-11:30	Zoom, with AARP
The Shape of Molecules and How Drugs Work	Mike Davis	B Becker	F	10/16	10:00-11:30	NOVA CN 203
Beyond the Basics: Navigating Obstacles in Estate Planning & Admin	Dina Shaar	E Wallace	M	10/19, 10/26, 11/2	10:00-11:30	NOVA CN 225
Religious Philosophy in Judaic and Christian Development (4 sessions)	John Rybicki	A Sachs	Tu	10/20, 10/27, 11/3, 11/10	10:00-11:30	Greenspring
How to Make Mom's Perfect Pie Crust (\$5 fee per person)	Terry Hollerbach	M Alexander	Tu	10/20	1:30- 3:00	NOVA CN 231
V-Discs - How Uncle Sam Started His Own Record Label/Era of Vinyl Records	Bill Parmentier	S Cohen	W	10/21	10:00-11:30	NOVA CN 104
Making Connections Across the Smithsonian	Sara Shoob	D Cohen	W	10/21	1:30- 3:00	Zoom, with AARP
Modern Cosmology - Why Do We Think Universe is Weird?	Paul Hertz	R Sigman	M	10/26	1:30- 3:00	NOVA CN 225
How to Make Layered Danish Pastries (\$5 fee per person)	Terry Hollerbach	M Alexander	Tu	10/27	1:30- 3:00	NOVA CN 231
Just 4 Laffs 2	Steve Cohen	S Cohen	W	10/28	1:30- 3:00	NOVA CN 105
Understanding Speech Anxiety	Meredith Aquila	E Wallace	W	10/28	7:00-8:30pm	Zoom, with AARP
Landscaping, Lights & Locks, Avoiding Scams & Fraud	Tony Capizzi & Anita Conroy	P Brennan	Th	10/29	10:00-11:30	NOVA CN 104