

Next LLI Forum

*Tuesday, April 6, 2010, at 10 a.m.
(Social Time at 9:30 a.m.)*

*Learn About the Latest Scientific
Research on Acupuncture, Acupressure,
Chiropractic Treatments,
Herbal Remedies, Yoga,
and Other Alternative Specialties*

Ms. Prachi Patel, a Public Affairs Specialist from NIH, will discuss the latest research and findings in Alternative Medicine. This large field of complementary medicine includes acupuncture, chiropractic treatments, various forms of massage, herbal medicines, yoga, and many other specialties and topics. Historically many of these non-traditional treatments were readily criticized and dismissed by Western-trained scientists and doctors. But now there has been a transformation of attitudes. Since millions of people have reported widespread benefits, increasingly these alternative treatments are viewed as complementing standard medicine. Medical doctors and alternative practitioners regularly cooperate by sending patients to each other to supplement and broaden their treatments. NIH has established the National Center for Complementary and Alternative Medicine as a facilitator and clearinghouse for research.

Please Note: *Parking is in the pay parking garage (\$1/hour). Parking in the B and C lots is by permit only.*

Mark Your Calendar for Future Forum Topics

May 4 Forum: Just back from Haiti, a representative of Fairfax County's Urban Search and Rescue team will speak about these operations.

"Swing Into Spring"

LLI's Annual Picnic to Be Held May 14

The picnic will be held on Friday, May 14, beginning at 11:00 a.m., at Fort Hunt Park. We will be in a large covered pavilion at the Park, which is just south of Alexandria. Parking is convenient and rest rooms are adjacent to the pavilion.

The registration form is included with this newsletter and will be available at the Forums on April 6 and May 4. Please see directions to the Park in this newsletter (p. 7).

We hope everyone will plan to attend to enjoy a time of fun, good food, picnic activities, and fellowship with fellow members and guests.

The planning committee has kept the price at \$15 per member for the past three years. This year, however, we decided to increase the price to \$18 for members and \$23 for non-members. This increase is a direct result of a substantial increase this year in the cost of renting the pavilion.

Lunch Bunch

John Bogart bogartje@cox.net

Following the Forum, join the Lunch Bunch at the **Hunan West Restaurant**, which has been recommended by several LLI members. The restaurant is located in the Kings Park Shopping Center, 8938 Burke Lake Rd., Springfield, VA.

Directions: From NOVA, turn left on Wakefield Chapel Rd. to Braddock Rd. Turn right on Braddock Rd. After one or two traffic lights, turn left on Burke Lake Road. The shopping center is on the right; the restaurant is near CVS.



Calendar of Events

April 2010

- 6 Forum (Tues.)
- 9 Board Meeting
- 9 May Newsletter deadline
- 19 Newsletter Mailing
- 20 Trip: Historic Virginia Gardens tour, Fredricksburg, VA

- 14 LLI Annual Picnic
- 14 June Newsletter deadline
- 24 Newsletter Mailing

June 2010

- 2 Forum (Wed.) and Annual Meeting
- 11 Board Meeting
- No July newsletter

May 2010

- 4 Forum (Tues.)
- 7 Board Meeting
- 13 Trip: Historic Sites of Ellicott City, MD, and High Tea at "Tea on the Tiber"

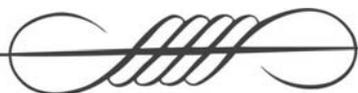


IMPORTANT:

Report Address Changes

Laura Charron, Administrator

We are relying more on e-mail to communicate certain information to our members. **Please, remember** to notify the LLI office as soon as possible of a new e-mail address as well as a change in mailing address and/or telephone number. Notify the office by phone at 703-503-0600, or e-mail at llinova@juno.com.



LLI Board of Directors

- | | |
|--|-------------------------------------|
| President: Paul Hople | Members: Terry Brittain 11*, |
| Vice President: Bob Huley | George Chalou 12, Dick DiBuono 10, |
| Secretary: Karren Scott | Paul Hople 11, Norma Hughes 12, |
| Treasurer: Phil Runge | Bob Huley 10, Charles Hulick 10, |
| Assistant Treasurer: Warren Hynes | Ed McKnight 12, Liddell McLeod 10, |
| Past President: Dick DiBuono | Marianne Moerman 10, Moe Moser 11, |
| | Barry Newman 10, Phil Runge 11, |
| | Karren Scott 12, Mary Underwood 11 |

* year term ends

Administrator: Laura Charron

Newsletter Staff

- Newsletter Co-Editors:** Norma Hughes 703-960-6279 nah.home@verizon.net and Lynda Brittain 703-425-8240 brittains@cox.net
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinators: Bob and Merry Huley and Connie Fullerton

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Members

Louise Blakely 703-451-2084
blakelylk@yahoo.com

Welcome, New Members! We hope you will participate in our classes and volunteer your time and talent.

Raymond Bednarsky, 9415 Windsor Way, Burke, VA 22015, (703) 455-3999, rbednarsky@earthlink.net

Mary Lu Bednarsky, 9415 Windsor Way, Burke, VA 22015, (703) 455-3999, mlbednarsky@earthlink.net

Peggie Bogstie, 9151 Rockefeller Lane, Springfield, VA 22153, (703) 451-2676, peggie728@verizon.net

Lynne Karson, 9615 Percussion Way, Vienna, VA 22182-3333, (703) 319-9288, lkarson@cox.net

Edna A. Ludden, 8503 Fairburn Dr., Springfield, VA 22152, (703) 451-8125

H.B. Myers, 6903 Cedarbrooke Ct., Falls Church, VA 22042-3824, (703) 532-3726, hbm@hbmphoto.com

Nickie Myers, 6903 Cedarbrooke Ct., Falls Church, VA 22042-3824, (703) 532-3726, nickie@yoursbydesign.com

Updates

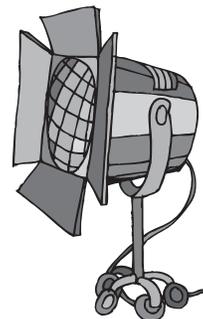
Patricia Harrison, (703) 550-7530

Saranel S. Osborne, Saranelso@verizon.net



Spotlight on Volunteers

The March Volunteer Spotlight recognized the members of our Scholarship Committee for their time and efforts in evaluating applicants and awarding the money so generously provided by LLI members. Doris Balinsky chairs the committee, whose current members are Marianne Moerman, Jane Jones, Stan Lichtman, Ed McKnight, and Dede Robinson.



At the April Forum we will recognize members of the Budget and Finance Committee. Bob Huley chairs the committee, whose members, Phil Runge, LLI Treasurer, Dick DiBuono, and Warren Hynes dedicate hours of labor and expertise to ensure LLI's sound financial condition.

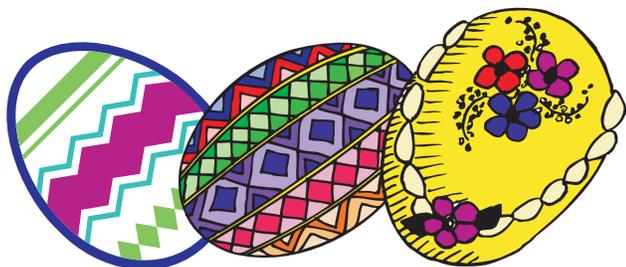
President's Message

Previously I discussed some of our main functions. Actually, to keep the organization moving along smoothly, there are a lot of other things that go on in the background, as mentioned below.

- Recently, the Budget and Finance Committee performed a mid-year budget review to determine if there are areas that are over/under funded. It turns out that very little adjustment was required. Soon they will begin the process of developing the budget for next year.
- Our Forums are open to all and we use this as a means to introduce LLI to new people. Liddell has been busy assuring the notice of Forum meetings are announced in a number of sources.
- Sometime situations arise in which we need to have agreement on the best way to respond. Karren Scott has identified a number of these then she prepares a position gets consensus, and it becomes part of the LLI policy manual.
- Laura keeps track of the dues of 360 — 370 members as well as making sure they are registered for the courses they requested.
- George Chalou is developing a plan of record keeping as well as maintaining our LLI history.
- We have initiated an effort to plan long range. To that effect, Chuck Hulick is looking into all aspects of what we do.
- Dick DiBuono is developing a slate of proposed officers and board members for elections at our June Annual Meeting.
- In July the Board will have an all-day planning retreat offsite to fully examine past actions and consider plans for the future.
- Other activities including the food donation program, student scholarships, and arranging for volunteers goes on all year.

So, in addition to our main activities of Forums, trips, courses, events, Special Interest Groups, and the newsletter, it is obvious that there is a lot going on in our LLI.

Paul Hopler



Community Outreach

Betty Lee Thatcher 703-354-8154
Carol Weber, caroljeanweber@hotmail.com

The April 2010 food collection will be provided to Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax, Virginia. Providence reaches out to approximately sixty families in the Annandale, Fairfax area. The church food pantry is maintained by church members who also donate the food. This will be the second time that LLI has provided the church with the food collected at the Forum, and this donation helps to make a difference to the people who are served by the food pantry. All types of non-perishable foods are needed and appreciated.



It will be no surprise to learn that the number of people the church is reaching out to has continued to climb this past year as our economy continues to suffer. According to information from the Department of Agriculture in November 2009, 49 million people in this country live in households that have trouble putting food on the table. Almost one in four children live on the brink of hunger, and a record 36 million people, about half are children, received food stamp benefits in August 2009.

Providence provided a large amount of money to the Haitian earthquake victims. Members also travel to Mexico each year to build homes including a new church. They also provide hot meals on certain evenings to homeless people in the area and travel to numerous other areas to help people who are in need.

Your kindness is greatly appreciated. Clint Hall will deliver the donated food this month.

Handymen and Tradesmen List

Anne Austin (ABBAustin@aol.com, 703-569-5994)

This list is available on LLI's website <http://lli.nova.org>. LLI members who would like to add their recommendations to the list may send the handyman's information (Name, Phone No., and Services Provided) to Anne Austin.

Special Interest Groups



LLI Arts & Smarts

Donna Trogler, 703-751-8932 or
DTrogler@aol.com

March 26, Our tour to the Hirshhorn Museum for the *Josef Albers: Innovation and Inspiration* exhibition is confirmed for this date at **11:00 a.m.** Additional details will be forthcoming in my E-mail scheduled to be sent out approximately one week prior to our visit.

April 27, *The Art of Gaman* showcases arts and crafts made by Japanese-Americans in U.S. internment camps during World War II. Gaman is a Japanese word that means "to bear the seemingly unbearable with dignity and patience." The exhibition features more than 120 artifacts, including tools, teapots, furniture, toys and games, musical instruments, ornamental displays, and archival photographs. This exhibition is in the Renwick Gallery. Our tour will begin at 10:30 a.m.

For more information, call Donna Trogler.



LLI Bridge Group

Bob or Merry Huley 703-534-4819 or
703-489-9045 (roberthuley@cox.net)

April, May, and June Play Dates —

In April, we will play on **Thursday, April 15** and **Wednesday, April 21**. In May, we will play on **Thursday, May 6**, and **Thursday, May 20**. In June, we will play on **Wednesday, June 9**, and **Wednesday, June 23**. Location: Mason District Governmental Center. **Time:** 10 a.m. to 2 p.m. Bring a bag lunch.

You do not need a partner because we rotate partners so you will play with everyone. We are always looking for new players, and all levels of players are welcome in this very friendly game. Please call (703-534-4819), or e-mail me (roberthuley@cox.net), if you would like to attend (or for more information) so that we can provide sufficient card tables.

Recent Results — On February 25, the top four players were Doug Johnson, George Chalou, Bob Huley, and June Chalou. On March 10, the top four players were Jim McCall, Mary Underwood, Nate Rosenbaum, and Mindy Rojahn.

Congratulations to all!



LLI Community Theater

Norma Hughes, 703-960-6279,
nah.home@verizon.net

Upcoming events: On Sunday, April 11, Norma Hughes will host for the musical comedy "The Producers," presented by the Arlington Players. Further details will be provided to those on the e-mail list regarding tickets, directions, and the after-theater get together. On Sunday, May 2, Sylvia Cymes and Betty Pogerman have volunteered to host for the play "Jerry's Girls," presented by the McLean Community Players. Again, further details will be provided via e-mail for this event.

Contact Norma if you wish to be included on the list of members interested in this Special Interest Group.



LLI Current Events Group

The Current Events Group meets monthly for continued interesting and educational discussion.

Topics will reflect the current social, political and worldly events surrounding the time of the meeting. Please join us to share your ideas and/or to learn more about current events — whatever is your pleasure.

Date/Time: Friday, April 2, 10:00 — 11:30 a.m.

Place: Mason District Governmental Center, Small Conference Room, 6507 Columbia Pike, Annandale, VA, 22003

For more information, e-mail Marion Jacknow at mjacknow@aol.com or call (703) 698-8702.



LLI Favorite Books Club

Arlene Gribben, 703-569-0357
arlenegribb@aol.com

Date: Thursday, April 15

Time: 11:30 a.m. — 1:00 p.m.

Place: Mason District Governmental Center, Small Conference Room

April's book for review is "City of Light" by Lauren Belfer. The story sets a young woman's fate against the backdrop of the political struggles over the burgeoning electric industry as it began to harness the Niagara Falls at the beginning of the 20th century. Louisa Barrett, headmistress of a prestigious girls' seminary in Buffalo, tells her story, including the great secret and sorrow of her life.





LLI French Conversation Group

Don Reynolds, saldonreyn@aol.com

The next meeting of the French Conversation Group is scheduled for April 20, at 10 a.m. at the George Mason Library, Little River Turnpike, Annandale. Please bring your copy of "Barron's *French at a*

Glance", available at large bookstores in the area. For more information contact Don Reynolds.



LLI Gourmands

Mary Underwood, 703-329-8391, maryunderwood29@verizon.net

Ten LLI Gourmands dined at the Serbian Crown on February 19, an event planned by Eleanor Shubinski-Mosser. On March 26, Kathy Dennehy arranged for lunch at Present, a restaurant featuring Vietnamese cuisine. Marianne Moerman (703-751-0523) and Doris Balinskiy (703-941-1794) have made arrangements on Friday, April 9, at noon for the Gourmands at Han Gang Korean Restaurant, 7243 Little River Turnpike, Annandale. Please contact either Marianne or Doris if you are interested in this lunch. Lyn-Anne Cornelius has scheduled lunch at Choices by Shawn, 3950 Chain Bridge Road, Fairfax. It will be on Thursday, May 20, at noon. Please contact Lyn-Anne at 703-533-8437 by May 13 if you wish to attend this lunch. (There is a maximum of 15.)

LLI Bacchus Wine Tasting Group — Anne Austin, 703-569-5994, abbaustin@aol.com

This group meets quarterly. Future dates will be announced in the newsletter or a Forum. Contact Anne if you wish to be included on the mailing list.



LLI Nimble Fingers

Bev Portman, 703-698-8366, firse@juno.com

The next Nimble Fingers meeting is scheduled for Friday, April 9, 1:00 to 2:30, in the Small Conference Room of the Mason District Governmental Center. Bring a small needlecraft project of any type to work on. New members are always welcome. For more information, contact Bev Portman.



LLI Walkabouts

Merry Macke, 703-451-3248, cell phone: 1-978-505-9506, merry.macke@verizon.net

We've not had good luck in our walks this year with rain, snow, after-effects of snow, and nasty weather. Hope we have better luck in April. Walks begin at **1:00 p.m.**

April 9 — We'll try walking around Fairview Professional Park. The park is located off of 495, going East on 50. Look for directions to Fairview Park, go directly straight to the Marriot Hotel; turn left to park in the parking garage, and meet in front of the garage. After the walk, people may decide to have lunch at the Marriot.

April 23 — A walk in Occoquan Park. Take 95 South to Exit 160, and take a right on 123, going North. The Park is the first right after the bridge over the Occoquan River. Park in the parking area beneath the main building. There is a circle walk through pine trees; wear hiking shoes. We will be walking on the Cross-County Trail. Any questions, contact Merry Macke.

Trip Committee News

Mark your calendars for several early fall trips:

Day Trip — September 16 — "Harpers Ferry and John Brown"

In conjunction with U.S. Park Ranger, Michael Kelly's August course on John Brown's 1859 raid on the U.S. Arsenal at Harpers Ferry, we will spend the day, accompanied by Ranger Kelly, as we follow Brown's footsteps from Maryland to Harpers Ferry. See the Summer Catalog for information and signup sheet.

Overnight Trip — October 12-15 — "Artists, Architecture, and Authors"

We begin our trip with two nights in Bucks County, PA, visiting Pearl Buck's home, James Michener's Museum, Nakashima Woodworking Studio and more. We will travel to Philadelphia, visiting Edgar Allen Poe's home, Bartram's House & Gardens, Academy of Fine Arts, The Barnes Foundation and other tours. We will spend the night in Philadelphia. Please see flyer inserted in this newsletter.

*Deadline for the
May newsletter is
April 9, 2010.*

Two Winter-Spring Courses Relocated

Class 10W10P, Michael Kelly's Class entitled "The Highest Summit of Lands" has been relocated to Providence Presbyterian Church at 9019 Little River Turnpike, Annandale, VA. Date and time remain the same: Tuesday, May 4, 2010 from 1:30 - to 3:00 p.m. Due to the large number of attendees (103) we feel this location will accommodate our group better.

Course 10W16A, Rick Steves' Iran, had been way over subscribed. As a result, the one session class has been moved to The Virginian. It is still scheduled for **May 5, 10:00 —11:30 a.m.** All who were wait listed are welcome.

Choosing Your Retirement Community Workshop

NOVA's Center for Excellence in Teaching and Learning is sponsoring a workshop on Choosing Your Retirement Community. LLI members are welcome. Yolanda Smith, professor of business management at NOVA will address *Worry Free Retirement* on Wednesday, April 14, 2010, 1-2 p.m. The location is on the Annandale Campus in the Presidential Board Room, 3rd floor, of the Brault Building. You'll park in the same area as you would for a program in the Ernst Cultural Center. Proceed to the Brault Building at the corner of Wakefield Chapel Road and Little River Turnpike. For more directions, go to <http://www.nvcc.edu/about-nova/maps-directions/annandale/index.html>. Please register by going to <http://tac.nvcc.edu/tactraining/cetl/>. Choose the workshop Faculty Focus Workshop: Choosing Your Retirement Community.

For more information, contact CETL@nvcc.edu, or call Nan Peck at (703) 323-4140.

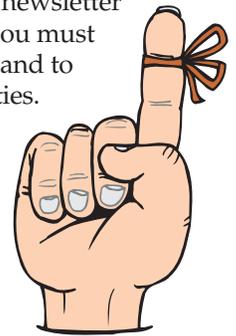


Study Travel Update

The Grand Circle tour of Sicily, scheduled for October 2010, has been cancelled due to lack of participation. However, all is not lost as we plan a Baltic cruise for the summer of 2011. Ports include Stockholm, Helsinki, St. Petersburg, Berlin, and Copenhagen. Our travel agent and cruise line have not yet announced their "group" rates, but based on early sign up for "2 for 1" travel with free airfare, we expect it to be in the \$4,000-\$5,000 range. If you are interested, please contact me so I may notify you as soon as we have definite arrangements for this trip. Terry Brittain, 703-425-8240 or terry_brittain@cox.net.

Membership Renewal Reminder

Please check the mailing label on this newsletter for your membership renewal date. You must renew in order to register for courses and to participate in LLI's many other activities. Complete the membership form (last page in the current course catalog), check "renewal," indicate any new information, and mail it to the LLI office with a check in the amount of \$110 for each person wishing to continue membership with LLI.



It is important to include the form with your check, for ease in crediting your membership renewal in our database.

Happy Easter April 4



LLI's Annual Picnic

Friday, May 14, at 11:00 a.m.
Ft. Hunt Park, Pavilion A

Directions and More

Directions:

From the Beltway: Driving the Beltway outer loop to Alexandria – take Exit 177A-B, Alexandria/Fort Belvoir (the exit immediately after Telegraph Road). Stay to your left on the exit ramp toward Old Town/Alexandria. At the traffic signal, go right onto Franklin Street. Follow Franklin Street to the next traffic signal at South Washington Street. Go right (south) onto South Washington Street, which becomes the George Washington Parkway, and follow the Parkway south for 5 miles; exit to the right at the sign marked "FORT HUNT ROAD/FORT HUNT PARK."

From Ft. Belvoir: Go North on Route 1 (Richmond Highway) and turn right onto Mt. Vernon Memorial Highway (across from the entrance to Woodlawn Plantation). When you get to Mt. Vernon, go around the circle onto the George Washington Parkway North. Approximately 3 miles from the circle follow the right exit to Ft. Hunt. At the second stop sign turn left toward the Park.

Parking:

Look for Area A (Pavilion) parking lot (the first one you will see). There's parking for 150 cars and easy ground level pedestrian access from the parking lot to the pavilion. Handicapped parking is close to the pavilion.

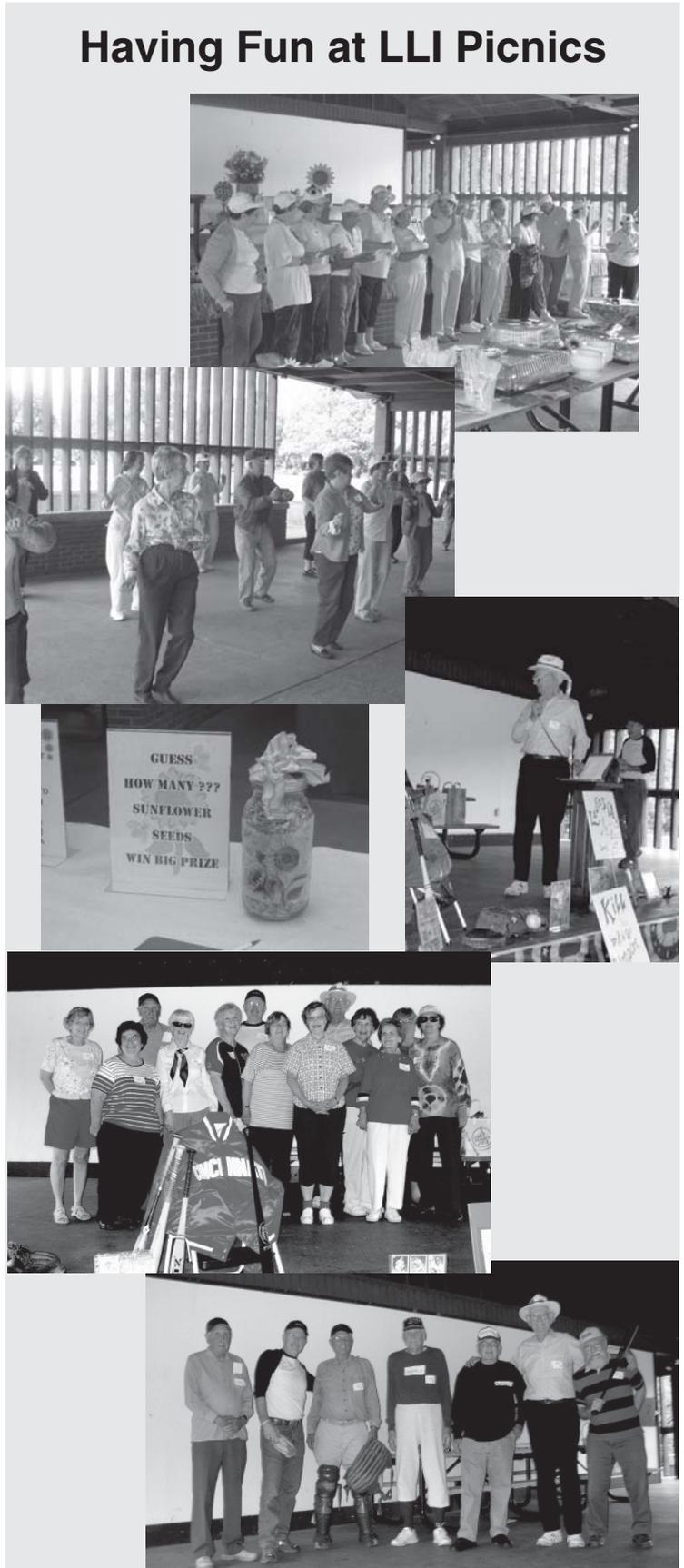
General Information:

Because we have reserved the large covered pavilion, the picnic will be held rain or shine, barring a hurricane. If the weather forecast is for hot and humid conditions, consider bringing insect repellent, but we have found in past years that there is generally a good breeze which helps keep the temperature down, especially in the pavilion. Also, we will be eating at park picnic tables with bench seats; for your comfort, you may wish to bring a cushion or your own folding chairs.

If you have any questions, contact Bonnie Hopley at pbhopley@cox.net or (703) 978-9381.

From the LLI Scrapbook

Having Fun at LLI Picnics



Established 1996



Lifetime Learning Institute of Northern Virginia

c/o NVCC Continuing Education
8333 Little River Turnpike
Annandale, Virginia 22003
Phone (703) 503-0600 / FAX (703) 503-5350
E-Mail: llinova@juno.com
Website: <http://lli.nova.org>

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Change Service Requested

**Time Sensitive Material
Please Deliver by
March 25, 2010**

**Look at the date on this label.
Is it time to send your dues?**

**April
2010**

