

## November LLI Forum

**Tuesday, November 2, 2010, at 10 a.m.**  
**(Social Time at 9:30 a.m.)**

### *Understanding Moslem Religion and Culture — Overcoming Stereotypes Leading to Islamophobia*

There is a disturbing trend of Islamophobia filling the news in the United States. Incidents of discrimination, prejudice, and angry outbursts against worshippers of the Islamic faith seem to be happening more often and with greater visibility and consequences. But what do we really know about the Moslem peoples and their religion with its rich and diverse culture? Our speaker, Barbara Ferguson, is the Washington Bureau Chief of *Arab News*, the largest English newspaper in the Middle East. While she is an American and not of the Muslim faith, Ms. Ferguson is a very well-traveled and influential journalist, who speaks and writes Arabic fluently; she is an international scholar of the Moslem religion and understands and can explain some of its variations such as Sunni and Shiite beliefs and practices. In her career Barbara Ferguson has traveled with U.S. Marines in Iraq, where she ran training programs educating well-meaning soldiers to avoid making serious cultural gaffes. The speaker intends to leave ample time for your questions.

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

### **LLI Forum Forward**

The *LLI Holiday Luncheon* in December substitutes for the Forum. The next session of the Forum will be Tuesday, January 11, 2011. Another great presentation by NIH will be coming up in the new year.

## LLI's Holiday Luncheon

Your invitation and registration for LLI's December 7 **Holiday Luncheon** have been mailed to you. Copies of the flier will also be available at the November Forum. The luncheon will once again be held at the lovely Country Club of Fairfax. Ken Smith, a local singer/songwriter/guitarist, will return to entertain us with holiday songs and lead us in a sing-along. The cost is \$28 for members and \$30 for non-members

We will collect new non-gift-wrapped toys for children of the women in Bethany House, in a "Cheers for Children" box. Bethany House provides help for abused women and children. We hope to see you on December 7.

*The 2010 LLI Holiday Luncheon Committee*

## Seeking Forum Topics/Speakers

Your Forum Committee welcomes suggestions about topics and speakers that would have widespread appeal for future Forums. Please contact Joseph Pincus at 703-569-0973 or send email to [joseph@pincus.org](mailto:joseph@pincus.org). If we cannot use your idea for a Forum, we will pass along the information to the LLI curriculum committee.

### **Lunch Bunch**

John Bogart [bogartje@cox.net](mailto:bogartje@cox.net)

Following the Forum, join the Lunch Bunch at **Cee Restaurant**, located at 9901 Fairfax Blvd., Fairfax. Phone 703-293-9898. Featured is a wide assortment of tasty Thai foods. Cee comes recommended by LLI members.

**Directions from NOVA:** Turn left on Rt. 236, then right on Prosperity Ave., then left on Arlington Blvd. past Fairfax Circle. Restaurant is on the left, next to Esposito's and across the street from Skidoo's Restaurant.



# Calendar of Events

## November 2010

- 2 Forum (Tues.)
- 12 LLI Board meeting
- 12 December Newsletter deadline
- 22 Newsletter mailing

## December 2010

- 2 Day Trip: Rockville/ Montgomery County
- 3 Winter Update
- 7 LLI Holiday Luncheon
- 10 LLI Board meeting
- 13 Winter update mailing

## Dec. 22, 2010 – Jan. 2, 2011

- NOVA winter break
- LLI office closed

## January 2011

- 11 Forum
- 14 February Newsletter deadline
- 14 LLI Board meeting
- 24 February Newsletter mailing



## IMPORTANT: Report Address Changes

Laura Charron, Administrator

To be assured of receiving important notices concerning classes and trips, **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](mailto:llinova@juno.com).

### LLI Board of Directors

<b>President:</b> Paul Hopler	<b>Members:</b> Terry Brittain 11 *
<b>Vice President:</b> Bob Huley	George Chalou 12, Arlene
<b>Secretary:</b> Karren Scott	Gribben 13, Charles Hulick 12,
<b>Treasurer:</b> Phil Runge	Bob Huley 13, Norma Hughes 12,
<b>Assistant Treasurer:</b> Warren Hynes	Ed McKnight 12, Marianne
<b>Past President:</b> Dick DiBuono	Moerman 13, Moe Moser 11,
	Peter Schwarzkopf, 13, Mary
	Underwood 11

\* year term ends

**Administrator:** Laura Charron

### Newsletter Staff

**Newsletter Editor:** Lynda Brittain 703-425-8240 [brittains@cox.net](mailto:brittains@cox.net)

**Assistant Editor:** Bev Portman, 703-560-6740 [firse@juno.com](mailto:firse@juno.com)

**Graphic Design/Desktop Publisher:** Alfred Brothers

**Mailing Coordinators:** Bob and Merry Huley

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## Members

Louise Blakely 703-451-2084  
[blakelylk@yahoo.com](mailto:blakelylk@yahoo.com)

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

### New Members

**Rita Albright**, 11717 Scooter Lane, Fairfax, VA 22030, (703) 802-0322, [rmchoctaw@yahoo.com](mailto:rmchoctaw@yahoo.com)

**Susan A. McGrath**, 507 South Royal St., Alexandria, VA 22314, (703) 549-5772, [samcg@verizon.net](mailto:samcg@verizon.net)

**Stephen M. Miller**, 7308 Auburn St., Annandale, VA 22003, (703) 658-3453, [stephen.m.miller@cox.net](mailto:stephen.m.miller@cox.net)

### Updates

**Danetta Chapman**, [dannieb1@verizon.net](mailto:dannieb1@verizon.net)

**Doug Johnson**, [dejlli@yahoo.com](mailto:dejlli@yahoo.com)

**Lennart Lundberg**, 7448 Spring Village Dr., #522, Springfield, VA 22150, [grgrlundberg@gmail.com](mailto:grgrlundberg@gmail.com)

**H. B. Myers**, (703) 532-3726

**Nickie Myers**, (703) 532-3726

**Shirley Politte**, (571) 313-0048

**Elaine Riccio**, (202) 554-3588

**Robert Rothman**, Vienna, VA 22180

**Marilyn Silver**, [marilynsilver03@aol.com](mailto:marilynsilver03@aol.com)

**John Simmons**, 7444 Spring Village Drive, Apt. #310, Springfield, VA 22150

**Donna Soderholm**, (703) 321-9546



## October 2010 Directory

Laura Charron, Administrator

Members should have received their **October 2010 LLI Handbook and Membership Directory**. Please check for errors and notify the LLI office by phone (703-503-0600) or email at [llinova@juno.com](mailto:llinova@juno.com).

## President's Message

**H**ave you ever joined an organization or group because you were personally invited by a friend or acquaintance? Did you ever take part in a worthwhile activity because of a personal appeal for you to do so? Undoubtedly many of us would answer "yes" to these questions. Most of us will respond to a personal touch when we consider ways to spend our time or our resources.

LLI is based on the principle of volunteers working together and needs members to now become more involved in suggesting class topics and in recruiting instructors to teach those topics. Do you personally know someone with expertise in a subject who would be willing to share ideas in LLI classes? Have you personally read about someone in the community who has an interesting story to tell? Do you personally know of someone with a passion for a subject and knowledge of that subject that would interest other LLI members? Do you personally know of someone in your place of worship or in a neighborhood setting and especially those who are currently LLI members who has a background of information to share with others?

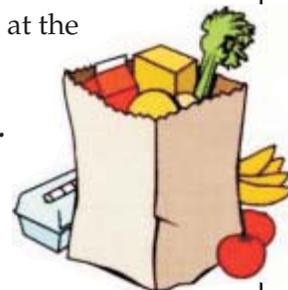
If you would like to ask people to consider becoming instructors, the LLI curriculum committee members would be happy to provide you with necessary information about procedures. Or if you provide names and phone numbers of potential instructors to the curriculum committee, committee members will contact these people. If you would like to become personally involved in committee activities, you may want to join the committee to help plan courses or to provide assistance in the administration of the process, be a class coordinator or be willing to follow through on ideas for specific course. New people are always welcome. Currently Mary Underwood is the committee chair and will be happy to assist, but her term runs out in a few months and we need help to keep LLI functioning.

*Paul Hopler*

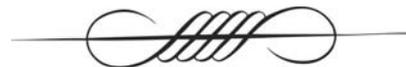
## Community Outreach

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

The November 2010 collection at the Forum will be donated to the **Lorton Community Action Center (LCAC), i.e., the Center**. As the economy still struggles to recover, the need in the Lorton community area is as great as ever! Fortunately, members of the community have still been giving generously when called upon. The Center has just completed its annual back to school drive which provided backpacks filled with the school supplies necessary for about 300 students to get a **running start** on their first days of school. All families indicating a need for school supplies were provided filled backpacks.



Once again, on behalf of the Center, I am asking for your help. Although donations of any non-perishable food are always appreciated, at this time there is a great need for personal care items. Your donation of items such as toothpaste, toothbrushes, mouthwash, bath soap/cream, deodorant for men and women, shampoo, shaving cream/gel, and razors would be greatly appreciated. Pat Harrison will deliver our donations this month. As always, thank you for your generous support!



## Upcoming Tours by the Trip Committee

**October 7-11, 2011 — Appalachia Culture and International Storytelling Festival.** Space is still available; but the deadline is Dec. 1, 2011 for registration and deposit of \$125. Total cost of the trip (\$827-\$997) includes all lodging, meals (only lunch the full day at the festival is on your own), luggage handling, guides, costs of all venues, transportation, and gratuities. The balance is not due until August 2011. Additional information and registration forms will be available at the November Forum for immediate sign-up on a first-come, first serve basis. (Bring your checkbook.) Questions: Contact Barbara Woods (703-569-1278) [bwoodscgc@hotmail.com](mailto:bwoodscgc@hotmail.com).



# Special Interest Groups

Please sign up at the Special Interest Groups table at the November Forum to have your name included in the E-Mail notification lists for the various SIGs.

## Proposed New Special Interest Groups if enough interest develops

**SPANISH CONVERSATION:** It is proposed to establish a new Special Interest Group for Spanish Conversation, provided enough interest is shown. It would consist, perhaps, of monthly sessions to practice speaking Spanish in a conversation setting. If you have an interest in such a Program, please call or email Merry Macke, 703-451-3248, [merry.macke@verizon.net](mailto:merry.macke@verizon.net). We also would like a few volunteers to occasionally help in leading some of the sessions.

**PHOTOGRAPHY:** An interest has also been expressed by a few LLI members in forming a new Photography Special Interest Group. Meeting topics would consist, perhaps, of monthly discussions of such as picture taking tips (composition etc.), tips on the using a camera, downloading pictures from a camera to a computer, editing photos on a computer, etc. If you have an interest joining this group, call or email Peter Schwarzkopf, 703-998-0769, [pschwarzkopf@verizon.net](mailto:pschwarzkopf@verizon.net). We also need volunteers to lead the topic discussion at the monthly meetings.



## LLI Arts & Smarts

Donna Trogler, 703-751-8932  
[DTrogler@aol.com](mailto:DTrogler@aol.com)

**November 8 or 15: The**

**Shahnama: 1000 Years of the Persian Book of Kings.** This exhibition at the Sackler Gallery celebrates the millennium of the poet Firdawsī's *Book of Kings*. The epic retells the story of Iran from the beginning of time to the conquest of Islam in the seventh century. The sweeping narrative and colorful mix of myth and history have inspired some of the world's most remarkable manuscript paintings, several of which are on view. This museum tour is

*Deadline for the  
December newsletter  
is November 12, 2010.*

not yet confirmed. Additional information will be emailed to interested members when available.

On December 4, a Saturday, we have a docent-led tour on the **Oceans Exhibit** at the National Museum of Natural History. We will meet for lunch, at a place to be determined, at 12:30 p.m. The tour will follow at approximately 1:30 p.m. Non-LLI'ers are welcome to join us. Maybe an older grandchild? RSVP to Donna Trogler or Doug Johnson at [dejlli@yahoo.com](mailto:dejlli@yahoo.com).



## LLI Bridge Group

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

**November Play Dates –  
Wednesday, November 3, and**

**Thursday, November 18.**

**Location:** Mason District Government 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 email me ([roberthuley@cox.net](mailto:roberthuley@cox.net)), if you would like to attend (or for more information) so that we can provide sufficient card tables.

**Recent Results** – On September 8, the top four players were Arline Sachs, Nate Rosenbaum, Betty Yeary, and Jack Acey. On September 22, the top four finishers were Jack Acey, Carol Aron, Arline Sachs, and George Chalou. Finally, on October 7, the top four were Doug Johnson, Jack Acey, Jessica Burmester, and Nate Rosenbaum. Congratulations to all.



## LLI Community Theater

Norma Hughes, 703-960-6279  
[nahome@verizon.net](mailto:nahome@verizon.net)

“Hosts” are needed for upcoming plays this fall and winter. Please see the list of theater offerings previously sent via e-mail to interested members and select one that you would like to “host”. Decide the matinee performance date, gather details for obtaining tickets, theater location, and a potential nearby restaurant for either before (brunch) or after theater socializing. If you would like to receive the list of the plays and are interested in being a host, please contact Norma Hughes who will provide the information for notifying other members of the chosen play, the date and other details.



## LLI Current Events Group

Marion Jacknow, 703-698-8702  
mjacknow@aol.com

The Current Events Group meets monthly for continued interesting and educational discussions. Topics 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. This month the Current Events group will examine the results of the November 2nd election. Be sure to attend this special Current Events session.

**Date/Time:** Friday, November 5, 10:00 - 11:30 a.m.

**Place:** Mason District Governmental Center, Small Conference Room, 6507 Columbia Pike Annandale, VA 22003. For more information, contact Marion Jacknow.



## LLI Favorite Books Club

Connie Fullerton, 703-764-3779  
cfullerto@gmail.com

**Date:** Thursday, November 18

**Time:** 11:30 a.m. to 1 p.m.

**Place:** Mason District Governmental Center, Small Conference Room

The book selected for our November meeting is "Main Street", written by Nobel Prize winner Sinclair Lewis. The primary figure of this early 20th century novel is a liberal, free-spirited young woman who joins her husband in Gopher Prairie. In that small town, she is confronted by narrow-mindedness, gossip and pettiness as she tries to introduce cultural and social changes. Her hope and optimism are shattered in this classic tension between tradition and progress.



## LLI French Conversation Group

Sally Reynolds, 703-352-7494  
saldonreyn@aol.com

The November meeting of the French Conversationists will take place on **Tuesday, November 16** at 10 a.m. at the George Mason Library in Annandale. Please bring your copy of Barron's *French at a Glance*. Members will be notified if there is a change in the meeting place. Anyone interested in joining the group should contact the coordinator.



## LLI Gourmands

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

Thirteen Gourmands dined at Nizam's Restaurant on September 24, an event planned by Alina Otal. Mindy Rojahn has scheduled the November event at Bonefish Restaurant, 6315 Multiplex Drive in Centreville, on **Friday, November 12**, at noon. Please contact Mindy if you plan to attend, 703-631-1304 or mindyroj@cox.net. She can also provide directions. There will be no Gourmand lunch in December. Gourmands are encouraged to attend the LLI Holiday Luncheon.

**LLI Wine Tasting Sub-Group** — Anne Austin, 703-569-5994, [abbaustin@aol.com](mailto:abbaustin@aol.com)

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



## LLI Nimble Fingers

Bev Portman 703-560-6740  
firse@juno.com

The next meeting of Nimble Fingers is scheduled for **Friday, November 12**, 1:00 to 2:30 p.m., in the Small Conference Room of the Mason District Governmental Center. Bring a small needlecraft project of any type to work on. New participants are always welcome. For further information, please contact Bev Portman.



## LLI Walkabouts

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

Schedule for November and December. Meet at noon for 1 hour walk.

**November 12** – We will meet at Oak Marr Recreational Center and walk the CCT (Cross-County Trail) in back of the Center. Take I-66 to 123 North. At the first traffic light, turn left onto Jermantown Road. Look for Oak Marr Rec. Center on the right. Park and meet in front of the entrance to the Center.

**November 26** – The walk will start at the Workhouse Arts Center near Occoquan. Take 95 South to Exit 160. Go north on Rt. 123, and pass Occoquan Park. The next light will be at Lorton Rd; turn left. Take an immediate right into the Workhouse Arts Center complex. Park in the first parking lot. We will proceed north on the CCT. After the walk, people might want to walk through the studios and purchase some Christmas presents.

*Continued on page 6*

## Special Interest Groups

*Continued from page 5*

**December 10** – CCT on the W&OD Trail. Take I-66 to Rt. 123 North and then take the second left by a traffic light on Hunter Mill Rd. Follow this road until it intersects with Hunter Station Rd. and park in the parking lot there. We will walk south on the W&OD Trail and turn into Tamarack Park. Since the trail goes to the Dulles Access Rd., we will not be able to walk this total distance.

**December 17** – (Note change of date — to avoid interfering with holiday plans.) This will be a local walk at Lake Accotink Park. Come in to the park through the Highland entrance, and park in the first parking lot on the left. We will walk on the southwest side of the lake. On our return, we can stop at Merry's house for hot cocoa.

## Baltic Cruise

Our fabulous trip on Oceania's Marina, a new ship that carries only 1250 passengers, will be from **June 20 to July 1, 2011**. We will visit Stockholm, Helsinki, St. Petersburg (2 days), Tallin, Riga, Visby, Gdansk, Ronne, Berlin, and finish in Copenhagen. Remaining cabins start at \$5,400, which includes all shipboard meals and roundtrip airfare from Dulles. Non-LLI people are welcome to join us. Contact Terry Brittain at [terry\\_brittain@cox.net](mailto:terry_brittain@cox.net), 703 425 8240 or Doug Johnson at [dejlli@yahoo.com](mailto:dejlli@yahoo.com), 703 628 3115.

## Volunteer Opportunities

**Merry Macke**, 703-451-3248, [merry.macke@verizon.net](mailto:merry.macke@verizon.net)

LLI needs your help. Please evaluate these opportunities to contribute your time and energy; then choose one and join the fun! Contact the designated person for more information..

**Volunteer Coordinator:** Merry Macke, 703-451-3248, [merry.macke@verizon.net](mailto:merry.macke@verizon.net)

**Publicity:** Liddell McLeod, 703-698-8366, [liddell\\_mcl@cox.net](mailto:liddell_mcl@cox.net)

**Forum Greeter Coordinator:** Collette Hammond, 703-866-6159, [mchammondh@aol.com](mailto:mchammondh@aol.com)

**Speaker Forum Committee:** Joseph Pincus, 703-569-0973, [joseph@pincus.org](mailto:joseph@pincus.org)

## Cancellations

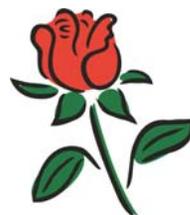
- The **HOLIDAY TOUR** of Montgomery County/ Rockville scheduled for December 2 has been cancelled. The Trip Committee hopes to reschedule for a later date.
- **Course 10F03** Explorations in Watercolor Painting
- **Course 10F38** Spectacular Films
- **Course 10F39** *Brontë Jane Eyre & Wuthering Heights*



## LLI Student Scholarships for 2011

The October Forum marked the kickoff for the 2010-2011 scholarship donation drive. Some of you had the privilege of hearing one of our former academic scholarship winners, Nessi Vanta, tell us how much this scholarship had meant to her. She explained how coming from a corrupt society in the Philippines, with inadequate healthcare leading to the death of a close friend, she came to the US to take up a career in nursing so that she could help avoid such catastrophes – and how she could not have done this without the help of the LLI scholarship she had been awarded. You can be proud of having made this possible. So we ask you again to open your hearts to enable us to award more scholarships to worthy bright and talented students. You will shortly be receiving a letter from us with enclosed envelope to enable you to make a donation easily – or you can bring your check to the November Forum. All donations are accepted – though we would be happy if somebody would replace our long-time generous anonymous donor who gave us \$1,500 per year for many years, but has now left town. Many thanks in advance.

## In Memoriam



Former LLI member **Joe Belmonte** passed away in October. Our condolences go to his wife, Elizabeth Belmonte. A memorial service will be held at Greenspring Retirement Community in a few weeks.



## October Forum



At the October Forum, LLI President Paul Hopley thanks Professor Karen Bune for her thought-provoking and helpful presentation on domestic violence.

## Older Adults Need Higher-Dose Flu Shots

It's flu-shot season, and for the first time health authorities are urging nearly everyone to get vaccinated. There is even a new high-dose version for people 65 or older.

What a difference a year makes: Crowds lined up for hours for scarce shots during last fall's swine flu pandemic, when infections peaked well before enough vaccine could be produced. This year, a record vaccine supply is expected — an all-in-one inoculation that now promises protection against that swine flu strain plus two other kinds of influenza.

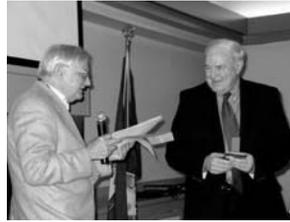
And there's no need to check if you're on a high-risk list: A yearly dose is recommended for virtually everyone except babies younger than 6 months — the shot isn't approved for tots that young — and people with severe allergies to the eggs used to brew it. But without last year's scare factor, the question is how many people will heed the new policy for near-universal vaccination.

"Influenza is serious, and anyone, including healthy people, can get the flu and spread the flu," said Dr. Anne Schuchat of the Centers for Disease Control and Prevention. "Flu vaccines are the best way to protect yourself and those around you."

The CDC was moving toward that policy even before last year's pandemic brought home an inescapable fact: The flu virus doesn't just kill grandparents and babies and people with weak lungs or hearts, although they're particularly

## Correction

A photo caption in the October newsletter incorrectly identified the *September* Forum guest speaker Brian Kelly as the *June* speaker. Our apologies to LLI member Don Reynolds, who spoke in June on the Normandy Invasion.



## LLI Schedules

Board Meetings	Newsletter			Forums
	Issue	Deadline	Mailing	
Nov 12	Dec	Nov 12	Nov 22	Nov 2, Tues
Dec 10	Jan	Dec 3 *	Dec 13	Dec, None
Jan 14	Feb	Jan 14	Jan 24	Jan 11, Tues
Feb 11	Mar	Feb 11	Feb 21	Feb 1, Tues
Mar 11	Apr	Mar 11	Mar 21	Mar 1, Tues
Apr 8	May	Apr 8	Apr 18	Apr 5, Tues
May 13	Jun	May 13	May 23	May 3, Tues
Jun 10	Jul	None	None	Jun 7, Tues
Jul/Aug Retreat	Aug	None	None	Jul, None
<b>FY 2011</b>				Aug, None
				Sep 1, Thur
				Oct 4, Tues
* Winter Update				Nov 1, Tues

vulnerable. It also can kill healthy pregnant women and 30-somethings.

### Why is there a new high-dose version for seniors?

Your immune system weakens with age, so it doesn't respond as actively to a flu shot. Sanofi Pasteur's Fluzone High-Dose quadruples the standard dose for people 65 and older. This winter, scientists will track if that translates into less illness.

Until that proof's in, the CDC says it's OK to choose either option. Sanofi is finalizing how much to make, and availability may vary with location. For example, Dr. Marvin Bittner of the Veterans Affairs Medical Center in Omaha estimates the new shot might benefit one in four seniors and said his center has ordered enough for that population, while other VA clinics aren't ordering as much.

Lauran Neergaard

Established 1996



**Lifetime Learning Institute of Northern Virginia**

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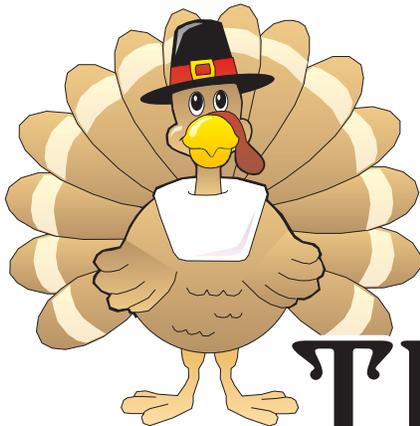
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October 22, 2010**

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

**November  
2010**



**Happy  
Thanksgiving**