

## May LLI Forum

**Tuesday, May 3, 2011, at 10 a.m.**  
**(Social Time at 9:30 a.m.)**

***Learn About the Latest Clinical Trials and Research to Find the Cure for Diabetes: A Serious Disease Which Is Becoming a National Epidemic***

An estimated 24 million Americans have diabetes and another 57 million have pre-diabetes, which often leads to the full-blown disease. Seniors are vulnerable because the aging process can affect not only the amount of insulin being produced but also the ability of cells to effectively use insulin. Complications from high blood sugar can lead to heart disease, strokes, kidney problems, and amputations. However, some very encouraging news offsets the grim statistics.

Exciting research and successful clinical trials are now taking place. There is much new information about preventing diabetes and improving ways to better manage the disease. Kathy Gold, a Certified Diabetes Educator with the Diabetes Research and Wellness Foundation, will report on the quest to transplant insulin-producing cells in patients with type I diabetes. She will also discuss the latest guidelines on nutrition and exercise and the general categories of medicines that are being used. Diabetes is high on the national health agenda and of major interest to us, our children and grandchildren, and to our country.

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

## Study Travel – 2012 Travels

The study travel group selected Spain/Portugal as its destination for the 2012 trip. They plan to travel on a Grand Circle tour in the late summer/fall of 2012. Additional information will appear in the newsletters in the coming months. Anyone interested in this trip should contact Terry Brittain at [terry\\_brittain@cox.net](mailto:terry_brittain@cox.net).



**LLI's Annual Picnic**

## You Measure Up!

Thursday, June 2, 11:00 a.m.



Ft. Hunt National Park  
Pavillion A  
Alexandria, Virginia



### Directions and More

**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

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## Lunch Bunch

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

Reservations for lunch after the May 3 Forum have been made at the **Red Lobster Restaurant**, 10325 Lee Hwy., Fairfax. Phone is (703) 691-1011. Recent visits have left a very favorable impression of the present management.

**Directions from NOVA:** Turn left on Rt. 236, then right on Prosperity Ave, than left on Arlington Blvd., (Rt. 50), past Fairfax Circle. Restaurant is on the left next to Ourisman Toyota. You can make a U-turn after you pass the traffic signal at Eaton Pl.

# Calendar of Events

## May 2011

- 3 Forum
- 13 LLI Board Meeting
- 13 June Newsletter Deadline
- 23 Newsletter Mailing

## June 2011

- 2 LLI Picnic
- 7 Forum
- 10 LLI Board Meeting
- 21-23 Princeton / Trenton Trip

## July 2011

- No Forum / Board Meeting

## August 2011

- No Forum / Board Meeting



## 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 Hople	<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	Merry Macke 13, Ed McKnight 12,
<b>Past President:</b> Dick DiBuono	Marianne 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

**Marian D. McLaughlin**, 5662 Ravenel Ln.,  
Springfield, VA 22151, (703) 321-7499,  
[marvandmcl@aol.com](mailto:marvandmcl@aol.com)

**Suzanne Pastura**, 3705 Pleasant Ridge Rd.,  
Annandale, VA 22003-1523, (703) 560-1477,  
[hookedonwool@cox.net](mailto:hookedonwool@cox.net)

**Charlotte Rosenfield**, 5881 Kara Pl., Burke, VA  
22015, (703) 569-4538, [ruosen@verizon.net](mailto:ruosen@verizon.net)

## Updates

**Susan Olesch**, [s.olesch@yahoo.com](mailto:s.olesch@yahoo.com)



## Notes from the Scholarship Committee

This year we had the largest number of scholarship applications ever received, namely 42. This shows that our advertising is very effective, and also reflects the great economic need of the applicants. The committee spent many days reviewing the applications and then met for four hours to discuss them. Because many had substantial accomplishments and very inspiring stories, it was very difficult to select only 15 candidates to be interviewed. The applicants came from the United States and from a variety of other countries: Vietnam, Bolivia, Rwanda, Sierra Leone, Uganda, Poland, Iran, Turkey, Korea, and Lebanon. Many had overcome severe challenges through great determination, dedication, and hard work. In addition to earning excellent grades, many of these students are very active in campus organizations and the community. We look forward to meeting and interviewing these 15 students on Tuesday, April 12. LLI members may meet the winners at the June Forum and read their bios in the June newsletter.

## President's Message

**A**s you may have noticed, NOVA is completing a new classroom building, which will open soon. It will also house some of the college's administrative functions, freeing up space in the Godwin building. The school has graciously agreed to provide space for the LLI office in the Godwin building, so we can move out of the noisy student area of the Food Services building. The move can't take place for several months, but we will keep you posted.

My thoughts this month are on the Special Interest Groups (SIGs). As the name indicates, they are groups of specially-focused activities for people to participate in and to enjoy a common interest. They are autonomously funded and planned by the people involved in each SIG. Two new groups, Photography and Spanish, are getting underway. The others continue to meet and each group welcomes new members at any time.

Even though they do focus on a special interest, they also interact with and reflect the overall LLI academic program. For example, last May, the Favorite Books Club, which has been meeting since October 2002, read *The Good Earth* by Pearl S. Buck, after Mary O'Day taught a class about her. Later, on an LLI trip, members visited places important in Buck's life. And on April the group discussed *The Woman Behind the New Deal: the Life and Legacy of Frances Perkins*, by Kirstin Downey, our March Forum speaker.

Remember the deadline is May 23rd to sign up for the Annual Picnic. I look forward to seeing you there.

Paul Hopler

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## Winter/Spring Catalogue Corrections

### Course 11W46P: *Wellness Essentials*

Due to unforeseen circumstances, we have had to rearrange and slightly modify the four presentations on Wellness in May. The corrected schedule is:

**Friday, May 6, *Stress Management***  
Instructor: Bill Reddy

**Monday, May 9, *Healing with Whole Foods***  
Instructor: Bill Reddy

**Friday, May 13, *Metabolic Typing Diet***  
Instructor: Dr. Weinstein

**Monday, May 16, *Back Safety***  
Instructor: Dr. Weinstein

## Community Outreach

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

Our May food collection will benefit the Food Pantry operated by ACCA (Annandale Christian Community for Action). Twenty-six churches in the Annandale area collaborate to operate the Food Pantry, as well as several other programs for low-income families including furniture distribution, transportation for medical appointments, emergency assistance for rent and utilities, and a developmental day care center. Except for the Child Development Center, all of the programs are run by volunteers.



In FY 2010, the Food Pantry served 865 households that included 2859 individuals. Most of the non-perishable foods come from food drives like ours. The Food Pantry is in greatest need of the following items: **canned fruit, spaghetti sauce, crackers, small bags of flour and sugar, dried red or black beans, rice, jelly, cookies, fruit juices, tea, coffee, hot chocolate, toilet paper, bar soap, laundry detergent, and dish washing liquid.** However, any non-perishable food or household product would be appreciated. Thanks for your generous donations. Carol Weber and/or Betty Lee Thatcher will deliver our donations this month.

## Princeton Trip Update

The details and registration forms for the Princeton-Trenton trip were sent to everyone on March 26. Registration has been going well. Some members have questioned how much walking is involved on this trip. The answer is as follows: The first afternoon will be the most strenuous one physically, with a two-hour guided tour of the Princeton campus and of the town itself and its historic homes. The walk will be slow paced, but will cover 1.9 miles. Those who are concerned about that particular tour could elect to sit it out, but some important sites and history would be missed. Other walking tours will be an hour or less, and some include stairs (to see the second floors of historic homes). If you have further questions, please call Ginny Moser at (703) 451-7469.

# Board Officer Candidates 2011

The 2011 Nominating Committee has completed its task of offering new Board candidates (3-year term) and new Board Officers (1-year term) for 2011. The LLI Board has approved the nomination of the following candidates and they will be presented to the membership for election at the June 7th Forum meeting. Nominations will also be accepted from the floor.

*Charles Hulick*  
*Chair, 2011 LLI Nominating Committee*

**President:** Paul Hople

**Vice President:** Ed McKnight

**Treasurer:** Phil Runge

**Secretary:** Karren Scott

**New Board Members, 2011:** Louise Blakely and Patricia (Pat) Harrison

**Returning Board Members, 2011:** Paul Hople, Marion (Moe) Moser and Phil Runge

Biographies of the candidates are provided below:

**Paul Hople:** A member of LLI since 2003, Paul is currently president of LLI. Previously, he served as chairman of the Curriculum Committee and a prior term on the board. He received a Bachelor of Mechanical Engineering from Rutgers University and a Master of Engineering degree from George Washington University. Paul worked for DoD, finishing his career in the Office of Secretary of Defense as Director of International Cooperative R&D. Interests include traveling and skiing; he is active in his church and other volunteer organizations.

**Ed McKnight:** An LLI member for 5 years, Ed currently is chair of the Budget and Finance Committee and serves on both the Curriculum and Scholarship Committees. He has served as the Board representative for the Special Interest Groups and as class coordinator for numerous classes. Originally from South Carolina, Ed received a BS degree from The Citadel and MA and EdS degrees from Appalachian State University. After retiring from the Army, he worked on a construction project in Egypt and a humanitarian project in Haiti, before settling down to work with various Defense contractors in the Washington area. He enjoys exercising, gardening, reading, travel, and LLI.

**Phil Runge:** Phil has served as LLI Treasurer each year for the past 7 years and also served on the Board continuously since then. After retiring, Phil taught computer technology courses for LLI. He

enjoys sailing on a 28 foot sailboat, docked in St. Mary's County, MD.

**Karren Scott:** Karren currently serves as Secretary of the LLI Board of Directors and as Chair of the Administrative Review Committee. Previously, she chaired the FY 2008 LLI Audit Committee. She holds a BA in Russian Studies from the University of Virginia and an MA in Government & National Security from Georgetown University. Prior to joining LLI about 4 years ago, she retired from DoD as a director of homeland defense projects for the U.S. intelligence community. Karren lived in 11 different states and 4 foreign countries before moving to Virginia. She is an enthusiastic supporter of local theaters and enjoys learning. Special interests include cultural history, comparative religions, and military history.

**Louise Blakely:** An LLI member for 6 years, Louise is presently the Membership Chairman. Previously, she assisted on the Holiday Luncheon committee. Louise received her RN from Philadelphia General Hospital and served several years in the USAF. Her interests include traveling, gardening and sewing. Originally from Pennsylvania, she has lived in Virginia since 1965.

**Pat Harrison:** Pat joined LLI in 2007. For the past 1½ years, she has served as the LLI Friendship Corner Coordinator. She is an active member of the Theater Special Interest Group, and has had a variety of volunteer assignments. Born and raised in the Northern Virginia (Arlington) area, Pat holds a BS in Business Administration from the University of Maryland. Prior to her February 2007 retirement, she worked 37 years for DoD as an Equal Opportunity Specialist, a Human Resources (HR) Specialist, and an HR director. Her last two years of Federal service were with VA's Office of the Inspector General. In addition to volunteering with the Lorton Community Action Center, Pat enjoys traveling, learning, art, and gardening.

**Moe Moser:** An LLI member for 4 years, Moe has served 3 years on the LLI Board and nearly 4 years as Space Coordinator for LLI courses. He holds BA and Masters Degrees from Kent State University and did post graduate work at the University of Wisconsin. He is retired from OPM and, subsequently, has done human resources work on a contract basis. Originally from Ohio, Moe moved to Virginia in 1965. He enjoys playing bridge in his spare time.

# Special Interest Groups



## LLI Arts & Smarts

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

**Thursday, April 28: "Gauguin: Maker of Myth"** — National Gallery of Art

Meet at 1:00 p.m., East Wing

Paul Gauguin's sumptuous colorful images of Brittany and the South Sea Islands will be among the more than one hundred paintings. The exhibit includes some of the most appealing paintings in modern art and will be the first comprehensive showing of Gauguin's art in the US in twenty years.

**May: Venice: Canaletto and His Rivals**, National Gallery of Art. This exhibition celebrates the rich variety of Venetian views known as *vedute*, with approximately twenty masterworks by Canaletto and more than thirty by his rivals, including Guardi, Bellotto, and Marieschi. These gifted painters depicted the famous vistas and remote corners of Venice in their different moods and seasons. This tour is planned, but not confirmed. For more information, please contact Donna Trogler.



## LLI Bridge Group

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

**April Play Date** — Wednesday, April 27

**May/June Play Dates** —

Wednesdays, May 11, May 25, June 1, June 15

**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 or email Bob Huley if you would like to attend (or for more information) so that we can provide sufficient card tables.

**Recent Results** — On March 9, the top four players were Nate Rosenbaum, Mary Underwood, Bob Huley and Jack Acey. On March 16, the top four players were Arline Sachs, Betty Yeary, Nate Rosenbaum and Nancy Sherman. Congratulations to all.

*Deadline for the June newsletter is May 13, 2011.*



## LLI Community Theater

Norma Hughes, 703-960-6279  
nahhome@verizon.net

Contact Norma Hughes if you wish to be included on the list of members for the Theater Group or if you would like to "host" one of the plays listed or for one not listed. Members will receive notification 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.

**Date/Time:** Friday, May 6, 10:00 — 11:30 a.m.

**Place:** Mason District Governmental Center, Small Conference Room, 6507 Columbia Pike Annandale.

For more information, contact Marion Jacknow.



## LLI Favorite Books Club

Connie Fullerton, 703-764-3779  
constance.fullerton@gmail.com

**Date/Time:** Thursday, April 21, 11:30 a.m. – 1 p.m.

**Place:** King's Park Library (please note change of meeting place)

Kirstin Downey's *The Woman Behind the New Deal, the Life and Legacy of Frances Perkins*.

**Time:** Thursday, May 19, 11:30 to 1 p.m.

**Place:** Mason District Governmental Center,

Kathryn Stockett's novel, *The Help*, is set in the author's native Jackson, Mississippi in the early 1960s. Miss Skeeter, a naïve young white woman and an aspiring writer, interviews Aibileen and Minny, the two black storytelling maids, in a complicated theme of blacks and whites living in the unequal world of a segregated south. Tensions build in the dangerous and clandestine project as these three women describe their experiences. These are uncomfortable topics and slippery issues. If you are among the many who have read *The Help*, come add your input to our discussion.



## LLI French Conversation Group

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

April's meeting is **Tuesday, April 19**, 10:00 a.m. at Mason District Governmental Center. Our professor, Al Brothers, will give a talk on the history of the French language. The French Conversation Group will also meet **Tuesday, May 17**, from 10 a.m. to noon in the Small Conference Room at the Mason District Governmental Center. Please bring your copy of Barron's *French at a Glance*. LLI members interested in joining should contact Sally Reynolds.



## LLI Gourmands

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

Nine Gourmands dined at Ristorante Bonaroti in Vienna on March 24, an event planned by Eleanor Shubinski-Mosser. Betty Pogerman and Giovanna Prestigiacomio have planned the April event for **Thursday, April 14**, at 11:30 a.m. at Ozzie's Italian Restaurant, 11880 Grand Commons Avenue, at Fairfax Corner. If you plan to attend, contact Betty at [bettymusic@verizon.net](mailto:bettymusic@verizon.net) or 703-323-7634, or Giovanna at [gprestig@cox.net](mailto:gprestig@cox.net).

Deanna DeMember has scheduled the May Gourmand event at Argia's Italian Restaurant, 124 N. Washington Street, Falls Church, for **Thursday, May 12**, at 11:30 a.m. Parking is behind the restaurant, accessible via the driveway beside the State Theater. Please contact Deanna at [ddemember@aol.com](mailto:ddemember@aol.com) or 703-866-0907 if you plan to attend.

**LLI Wine Tasting Subgroup** — 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 Austin if you wish to be included on the mailing list.



## LLI Nimble Fingers

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

The May meeting of Nimble Fingers is scheduled for

**Wednesday, May 11**, 10:00 a.m. to noon, in the Small Conference Room of the Mason District Governmental Center. Bring a small needlecraft project of any type to work on. For more information, contact Bev Portman.



## LLI Photography Group

Buck Myers, 703-532-3726  
[hbm@hbmphoto.com](mailto:hbm@hbmphoto.com)

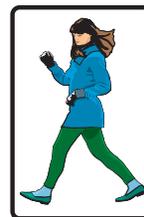
**Date/Time: Friday, May 20**,  
10:00 a.m. — 12:00 a.m.

**Place:** King's Park Conference Room, King's Park Library

The library is on Burke Lake Road, just west of the junction with Rolling Road, on the north side of the street.

The initial organizational meeting was held on March 18. Attendees have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Members decided that future meetings would be held on the third Friday of every month and would center on a specific area of interest decided by the group. Topics of most interest were managing digital pictures, how to get the most out of your point-and-shoot camera, and digital file formats. These and other topics of interest to our members will be the focus of future meetings. The main topic of discussion at our April 15 meeting was "Sorting and Filing Your Digital Pictures."

Nineteen persons have expressed an interest in the group and new members are welcome. We look forward to meeting everyone so we can continue to define and address the topics of greatest interest to our members. For further information, contact Buck Myers at (703) 532-3736 or [hbm@hbmphoto.com](mailto:hbm@hbmphoto.com).



## LLI Walkabouts

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

**May 6:** Mercer Lake. Take Franconia Parkway to the Pohick exit. Do not turn left on Pohick but continue straight to

Hooes Rd. Turn left and continue down the road, past the first intersection (Valleyfield Drive/Newington). See small parking lot on right in the woods. Meet there.

**May 27:** Occoquan Park. Take I-95 to Exit 160, and go north on Rte.123. After crossing the bridge, turn right and follow the road until you come to a big parking area by the water. We'll meet on the north side, by the path by the river. If you wish to avoid I-95, take Rte.123 and, after the light on Lorton Rd., look for entrance to the Park on your left side. Meet where the road goes toward the water in a large parking lot, under main park administrative house.

Because of words of encouragement, I have continued to have the walks in different parts of Fairfax County.

# From the LLI Scrapbook



*At the April Forum, LLI Vice-President Bob Huley thanks Deborah Hersman, Chairman of NTSB, for her informative assessment of transportation events and issues in the U.S.*



*Members of LLI course Where Have You Gone, Joe DiMaggio?, pictured with Class Leader Don Reynolds, are now ready for America's pastime.*

## LLI's Annual Picnic

*Continued from page 1*

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. There is handicapped parking up close to the Pavilion.

**General Information:** Because we have the use of the large roof-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 your own folding chairs.

## Love To Travel?

LLI's Trip Committee is looking for people who love to travel. For years, travel provided by the Trip Committee has been an important and enjoyable aspect of LLI's special offerings to its membership. Traveling with fellow LLI'ers is an excellent way to meet new friends and see sights that may not have been available to you. *And* we have fun!

LLI's trip planners have dwindled down to a precious few and, consequently, LLI's trip schedule has been sporadic lately. The Trip Committee is in need of people who would like to assist in travel planning by researching destinations and restaurants, and researching lodging for overnight trips. In addition, the Trip Committee needs people to perform a few administration duties involved in trip planning. These duties may occur only once a year, providing there is enough staff to pick up the duties.

We want to continue offering new, interesting, and educational day trips and overnight trips to LLI's membership. However, we find it impossible to accomplish this without the assistance of volunteers to keep the Trip Committee moving forward. Please consider sharing your talents with LLI's trip planners' needs. For more information, contact the LLI office: (703) 360-0500 and leave your name and contact number. A trip planner will return your call. LLI trip planners thank you!

## Reminder

Our monthly newsletter is generally available on the LLI website earlier than you will receive it through the mail. In light of recent extended delivery delays by the Postal Service, you may want to keep <http://lli.nova.org> in mind. Any pictures and/or graphics will also be in color on the website.

Established 1996



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April 25, 2011

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

Happy Mother's Day
May 8



MAY

2011



May 30