

# This Week at LRI

Spring 2003, Issue 3

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## Events This Week

- **Special Event D, Bike the C&O Canal**, second trip, Friday, April 18. Pickup location is at Reston Community Center, Hunters Woods Village Center, 2310 Colts Neck Road, Reston.

## Ongoing Activities

- Bridge Club, Fiction Writing Group, both meet Wednesday, April 16, 1:30, Tallwood.
- Book Club at Tallwood, Wednesday, April 16, 1:30.

## Other Items

- LRI office closed, Friday, April 18.

## Volunteer Appreciation

If you received an envelope last week from LRI about the Annual Meeting and one about the Friends of LRI, you can thank the efforts by many LRI volunteers. Tom and Rose Quinn and Janet Robaczynski assembled the notice of the Annual Meeting. The Friends of LRI notice was prepared by Eileen Duggan and her Development Committee, including Bill Ackerman, Gordon Canyock, Art Cook, Manny Pablo, Audrey Thompson, and Susanne Zumbro.

Finally, the bulk mail group—Carl Opstad, Bill Hoffmann, Ken Swanson, Hannelore Smallfield, Carol Towse, Mary Underwood, and Rose Roberts—had to work two mailings at the same time.

You often read requests for volunteers in these columns. Now you know what some of those volunteers have been doing. LRI Administrator Joanne Lingerfelt sends her thanks, and the rest of us do too.

**Two mailings at the same time** were necessary because of the 30-day notice requirement for an Annual Meeting. We observe now that the first item on the agenda is refreshments.

## Events Next Week

- **Special Event E, Thomas Jefferson and the University of Virginia**, Wednesday, April 23, 2:00-3:30, Tallwood.
- **Special Event F, University of Virginia & Prince Michel Winery**, bus trip, Friday, April 25, 8:15-4:30. Pickup is at front corner of University Mall, Route 123 and Braddock Road. See item below.

## Ongoing Activities

- Bridge Club, Wednesday, April 23, 1:30, Tallwood.
- Philosophy/Nonfiction Book Group, Wednesday, *The Tipping Point*, April 23, 2:00, Reston Regional Library.
- Classic Fiction Book Club, Friday, April 25, 10:00, Reston Regional Library.

## Other Meetings

- Lunchtime Conversation, Manuel Pablo on public speaking, Monday, April 21, 1:00-2:00, Tallwood. See item below.
- Board of Directors, Friday, April 25, 10:00, Tallwood.

## UVA and Winery Trip

Next week's Special Event F has changed slightly, Joanne Lingerfelt says. On the way back from touring the University, the event will still visit the Prince Michel Winery. However, because of renovations taking place there, the class will not be able to tour the facility as planned. Wine tasting still will be available.

## Face Your Fear

That is the topic of LRI's own Manuel Pablo, who will be discussing public speaking. Carol Ferrara, who set up the conversation, sends this description:

According to frequent polls, the #1 social fear today is the fear of public speaking. If this has hampered your happiness the

way the school bully used to when you were a kid, the solution is the same. It's time to confront your fear. Gain enough confidence to speak when spoken to, to face an audience of two or two thousand. Chat with someone who knows where to find the help you need. Manuel Pablo, new to LRI, knows the feeling. Find out how he got over those feelings through the self-help program of Toastmasters International.

Toastmasters is a non-threatening group that follows a proven program of self-paced mutual help. You will gain the confidence to speak in public and finally overcome that fear shared by so many. Start by listening. You may overcome that bully after all.

This Lunchtime Conversation is next Monday, April 21, 1:00-2:00, at Tallwood.

### **George Mason University Schedule**

Because LRI follows George Mason's scheduled closings, a recent University notice is of interest. If a red alert is announced, it says, the University initially will continue to operate as usual. If campus operations are modified, the changes will be "widely announced." Announcement locations will include TV channels 18 in Fairfax County and Reston, and channels 73 and 95 in Alexandria. GMU has a special alert web page at [www.gmu.edu/alert](http://www.gmu.edu/alert). WGMU, the University radio station, will also carry alert status messages. However, the station switched to FM 88.1 last month, and the signal does not carry beyond the campus.

### **New Member Coffee**

The new member coffee on April 4 went very well, according to Art Cook, Chair of the Membership Services Committee. Art says about 35 members attended of which some nine were new members. We've usually had this sort of get-together for new members, Art said, but there's always been a problem with setting the date. There will always be date conflicts so we have decided to set the date permanently for the first Friday of the first week of a session.



New member Barry McNair (back to camera) talks with Carol Towse. At right, Carol Henderson and Bob Bohall (elbow). By the windows are new member Philip Levin, Jan Dewire, and an unidentified member.