Online registration will be available June 11
Here’s how to get started....

We now can Sign up for classes,
Renew your Membership,
Sign up for any socials and activities
and pay on line.

This system will allow members with an active online account to update their personal information and register and pay for coming events.

All this will be offered through the ILR webpage,
www.oduilr.org

- First, activate your account.
  (Register -> Activate your ProClass Account)
- Purchase a renewal membership, also for partner
  (Renew->Renew online)
- Register and pay for classes online
  (Search ->Register->Checkout->Pay)
- Review confirmation email and update your calendar

If this is your first visit, and you are on the login page, click the Forgot
your password "click here", which is above the login button and follow the procedure to reset your password.

**The reset password procedure is only necessary on your first visit or if your password has gone missing.

After completing login, use "search" to locate available programs for the current quarter.

You can add partner or spouse memberships during the event registration process. Use the "Add a new member" link.
Perceptions of an Irishman Abroad

Date and Time: Thursday, July 5, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Lt. Col. Mike Ruddock

Course Description:
Born and bred in Ireland and matured on whiskey and Guinness, Mike Ruddock will share his experiences of duty in America.

Credentials/Background:
Mike Ruddock is a Lieutenant Colonel in the British Army, stationed at NATO.

Things You Were Never Taught about Native Americans

Date and Time: Tuesday, July 10, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Vincent Schilling

Course Description:
From Columbus to Pocahontas to Thanksgiving, Native American journalist and author Vincent Schilling will share the shocking history that teachers never taught. He will also discuss Native American culture and stereotypes.

Credentials/Background:
Vincent is Associate Editor of Indian Country Today, the largest Native American newspaper. He is a member of the White House Press Pool and Vice President of Schilling Media. He has authored 4 books.
Baroque Art in the 17th Century

Date and Time: Wednesday, July 11 or Thursday, July 12, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Leonette Adler

Course Description:
Baroque art and architecture are the arts of NO restraint. Art was used to show the power and wealth of the Church and the Monarchy--it was pure theater!!

Credentials/Background:
Leonette Adler is an award-winning artist whose works have been shown in numerous galleries on the East Coast. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. She is a member of ILR and has presented many popular classes for ILR and other local organizations.

The Socrates Club

Date and Time: Monday, July 16, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Roshan Talreja, M.D

Course Description:
This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West…… science meets spirituality and knowledge meets wisdom.

Credentials/Background:
Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in Cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.
Exploring Continuous Care Communities as an Option in Retirement

Date and Time: Wednesday, July 18, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Melissa McLeod, M.D.

Course Description:
This class serves as an introduction to the CCRC (Continuing Care Retirement Community) as an option for living in retirement. We will discuss the various types of contracts offered by CCRCs and the advantages and disadvantages of each. What are the various housing options? How do "wait lists" work? When is the 'right' time to enter one? A brief overview of the three CCRCs in the area will be included.

Credentials/Background:
Melissa is a retired Pediatric Anesthesiologist who spent the last 18 years practicing at CHKD (Children’s Hospital of the King’s Daughters). She initially learned about CCRCs when shepherding her mother through the decision process of selecting a CCRC in the Durham-Chapel Hill area. In May-June 2016, after retirement, she took a 6-week course at OLLI (Osher Lifelong Learning Institute) in Asheville, N.C. to learn more about this living arrangement. The course included visits to 6 different CCRCs, lectures on Long-Term Care insurance, and examining the CCRC legal contract. Many of the course resources will be shared with this class.

Redistricting: What It Is and Where We Are

Date and Time: Thursday, July 19, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Vivian Paige

Course Description:
After every census, the states undertake redistricting and reapportionment. The process determines how district lines are drawn for those who represent us – from members of Congress all the way down to local elected officials. What is redistricting? How does the process work in Virginia and other states? What effect do the federal law and U.S. Supreme Court decisions have on this process?

Credentials/Background:
Vivian Paige is a political observer and guest columnist for the Virginian Pilot. She is a frequent commentator for WHRO's Hearsay and appears on TV. She has been named as one of Virginia's influential politicos by Campaign and Elections Magazine.
The Industrial Revolution and Reform in Great Britain

Date and Time: Monday, July 23, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Jared Setnar

Course Description:

The Industrial Revolution that swept across Great Britain in the first half of the 19th century changed Britain forever. The growth and spread of the railroads changed every aspect of life, influencing where people lived, worked, and the products they were able to purchase. These population shifts forced the British Government to change long-standing institutions allowing for a more representative democracy. It was these changes in Government that saved Great Britain from the pitfall of 1848; where every nation in Western Europe endured a people's revolt- except Great Britain.

Credentials/Background:

Jared Setnar earned his B.A. in History and his M.S. in European History at Virginia Wesleyan. He is director of the Upper School at Chesapeake Bay Academy and teaches history there. He is editor of the Madison Review; an Historical Scholarly Journal published by James Madison University. His published master’s thesis was “The Writing was on the Wall; Understanding the Deportation of Foreign Jews from Vichy France, 1942”. In addition, he has had an article published in the Virginian-Pilot.

Virginia Beach Emergency Medical Service: History, Culture, and Community Resiliency

Date and Time: Thursday, July 26, 1:00-3:00
Cost: $14
Location: VBHEC
Instructor: Elizabeth A. Beatty

Course Description:

Spend the afternoon learning about the Largest Volunteer Rescue Squad in the country, Virginia Beach Department of Emergency Medical Services. While learning about the history and culture of VBEMS, demonstrations of life saving skills will be provided including CPR and tourniquet application for bleeding control. We will focus on the development, growth, and changes that have occurred in Emergency Medical Services across the United States and how Virginia Beach’s Department of EMS has evolved. We will discuss how we handle the increasing number of people with drug and mental problems and the growing senior population. There will be an ambulance on site as part of the class.

Credentials/Background:

Senior Paramedic Elizabeth Beatty has served in Emergency Medical Services since 1985 starting with Davis Corner Volunteer Rescue Squad (VBEMS) as an EMT and a Paramedic for 27 years. SPM Beatty has an Associates Degree in Applied Sciences from Tidewater Community College, has taught at the local, state, and national level and has been a Career Paramedic with the City of Virginia Beach’s Department of Emergency Medical Services since 2013. SPM Beatty has been a Consultant for Mass Casualty Incident Management focusing on Public Safety on-scene mass care management. She is a Health Care Technician (Paramedic) for USPHS National Disaster Medical System’s Virginia 1 DMAT providing patient care during National Level events and Disasters for 8 years. She recently deployed to Hurricane Irma in Florida and Hurricane Marie in Puerto Rico.
Research in Antarctica

Date and Time: Monday, July 30, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Tricia Thibodeau

Course Description:

An overview of the VIMS research conducted in Antarctica at the Palmer Station Long-Term Ecological Research Program, specifically climate change and research focusing on zooplankton, the passive animal drifters of the ocean including the Antarctic Krill, the most abundant metazoan in the world's ocean, and open ocean snails called pteropods that can be important biological indicators of ocean acidification.

Credentials/Background:

Tricia Thibodeau is a 4th-year Ph.D. Candidate at the Virginia Institute of Marine Science, College of William and Mary. Tricia is part of the Palmer, Antarctica Long-Term Ecological Research program (PAL LTER) funded by the National Science Foundation to understand how the ecosystem along the Antarctic Peninsula is changing. The PAL LTER has conducted month long research cruises every January since 1993 to identify how the entire ecosystem, from bacteria and plankton up to penguins and whales, are being affected by rapid climate change in the region. Before pursuing her Ph.D., Tricia was a certified high school physical science teacher in Maine and graduated from Bowdoin College in Brunswick, ME in 2013.

Rum to the Rescue: The History of Alcohol in Hampton Roads

Date and Time: Tuesday, July 31, 1:00-3:00
Cost: $14
Location: VBHEC
Instructor: Kasey Zronek

Course Description:

Join us for a program tracing the history of alcohol in Hampton Roads. Discover how successful breweries clashed with the growing temperance movement during the early 1900s. Follow Virginia’s unique path to Prohibition. Find out how popular (and lucrative) making and bootlegging moonshine really was. Learn about infamous local moonshiners, international rumrunners, and the enforcement officials who worked to stop them. Then hear how these stories continue to shape today’s local breweries and distilleries.

Credentials/Background:

Kasey graduated from Indiana University with a degree in History and earned her M.A. in Applied History from George Mason University. Her interests have always been in museum education and maritime history. She has been with the Virginia Beach Surf & Rescue Museum since 2015.
Camp Ashby: POW Camp, Princess Anne County

Date and Time: Monday, Aug 6, 1:00-3:00
Cost: $14
Location: VBHEC
Instructor: Julie Spivery

Course Description:

The property now occupied by Willis Wayside has had a wide and varied history. This research was conducted under a 2017 grant issued by the City of Virginia Beach and will relate the history from a tuberculosis hospital to the present-day furniture store. The research findings include, but are not limited to, the military acquisition and development of property, origin, and the treatment of POWs at Camp Ashby. Primary and Secondary sources were used to support evidence of the education and arts program, separation of Nazi empathizers, processing of POWs first arriving to the camp, and work detail.

Credentials/Background:

Julie Spivery has a Bachelor of Arts Degree with a History concentration. Her specific interest is in WWII History. She currently works full time as an Office Manager in Virginia Beach.

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Finding Joy after Retirement

Date & Time: Tuesday, Aug 7, 1:00-3:00
Cost: $14
Location: VBHEC
Instructor: Dominick D. Hankle, Ph.D.

Course Description:

This class applies research from diverse fields such as psychology, philosophy and studies in spirituality to help members develop daily routines that promote flourishing from a holistic perspective. A holistic perspective means making improvements in our physical and emotional well-being, our thinking, relationships and transcendent selves. Our focus is on the mature adult stage of development. Spirituality in this case is not specific to any religious tradition but based on the common human sense of something bigger than themselves.

Credentials/Background:

Dominick D. Hankle is an Associate Professor of Psychology at Regent University and a Minister in the Communion of Evangelical Episcopal Churches. He holds degrees in psychology, marriage and family therapy, theology, and business. He speaks, writes, and provides workshops on many topics including forgiveness, grief, discerning your life purpose, leadership, and how to live life well. He has two books currently in publication: the first is titled “The Christian Vocation of Forgiveness” and the second is titled “Short Essays on the Spiritual Life.”
**When Leadership Matters: Inspiring Stories of 12 People Who Changed the World**

**Date and Time:** Wednesday, Aug 8, 10:00-12:00  
**Cost:** $14  
**Location:** VBHEC  
**Instructor:** Baxter Ennis

**Course Description:**

Great leaders can be found anywhere whether on the battlefield, the boardroom, or the basketball court. George Washington, Theodore Roosevelt, Susan B. Anthony, Martin Luther King, Steve Jobs and other leaders will be discussed as they were forced to confront enormous challenges, yet persevered to make a difference in the world.

**Credentials/Background:**

Baxter Ennis has a diverse background in military, academic, political affairs, the defense industry, publishing and community involvement. He served 21 years in the U. S Army, retiring as a Lieutenant Colonel. His assignments included Ft. Bragg, and Lateras Deputy Director at the U.S. Command in Norfolk. In civilian life, he worked with a Defense agency in Washington, D.C., as well as at Regent University in public relations.

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**Who is Sigmund Freud and What Could He Possibly Teach Us Today?**

**Date & Time:** Thursday, Aug 9, 10:00-12:00  
**Cost:** $14  
**Location:** VBHEC  
**Instructor:** Marjorie K. Cole

**Course Description:**

Want to learn about your favorite defense mechanism? Are you passive aggressive or do you practice denial on a regular basis? What exactly is your ego? Are your dreams really important? Did you know Freud discovered the use of cocaine as an anesthetic during eye surgery but was beaten to publication by a colleague? Come to class and learn what we have to thank Freud for, and which of his ideas have been totally discredited. Interactive class...there will be no Freudian couch but you may need a writing utensil.

**Credentials/Background:**

Margie Cole, whose last class for ILR was the Psychology of Color, holds a Master of Arts in Teaching from Duke University and taught AP Psychology, Criminal Psychology and Psychology 1 & 2 for Kellam High School for most of her 41 years of teaching. She has presented locally, regionally and nationally on psychology topics and was selected by the American Psychology Association for their Moffett award in 2008, recognizing her as the best high school teacher of psychology in the nation. She was also honored by the Virginia General Assembly for her efforts in the discipline.
Media and Foreign Policy

Date & Time: Monday, Aug 13, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Instructor: Dr. Mary Manjikian

Course Description:
State and non-state actors today must maneuver a complex and rapidly evolving media landscape. Conventional journalism now competes with user-generated content. Official channels of communication can be circumvented through social media. Foreign policy is tweeted from the White House and “fake news” has entered the zeitgeist. Cyber-warfare, hacking and misinformation pose complex security threats. How are we using media to pursue and defend their interests in the international arena? What are the implications for U.S. policy?

Credentials/Background:
Dr. Mary Manjikian is an associate professor in the Robertson School of Government. She has taught comparative politics, international relations theory, national security affairs, terrorism, politics and the media and environmental politics. She received a B.A. in Russian from Wellesley College, an M.Phil. from Oxford University and an M.A. and Ph.D. from the University of Michigan where she was a Rockham fellow. Her work has been published in Alternatives, Europe-Asia Studies Millennium as well as Beacham’s Encyclopedia of Terrorism.

Hampton Roads Sea Level Rise: Risk and Response

Date and Time: Wednesday, Aug 15, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Instructor: Dr. Michelle Covi

Course Description:
Hampton Roads is in the region with the highest rate of sea level rise on the East Coast of the U.S., which results in both frequent tidal flooding and increasing danger from severe storms. This class will explore why our region is at risk, what areas and resources are most at risk, and how people are responding both as individuals and communities.

Credentials/Background:
Dr. Michelle Covi leads outreach activities for ODU’s Mitigation and Adaptation Research Institute (MARI). She also serves as a member of the Virginia Sea Grant Extension staff, helping to connect expertise across the Sea Grant associated universities in Virginia to address climate change and sea level rise adaptation issues. She completed her doctorate in Coastal Resources Management at East Carolina University, where her focus was on sea level rise risk communication and policy research. While pursuing her doctorate, she also worked as an outreach coordinator for an ECU research center for coastal hazards. Her Masters degree in Zoology (Marine Ecology) is from University of Georgia and her B.S. in Biology/Geology is from the University of Rochester. She has been executive director of an environmental education center in Illinois, and has taught at several universities and community colleges for over fifteen years.
The Socrates Club

Date and Time: Monday, Aug. 20, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Roshan Talreja, M.D.

Course Description:
This is a regular monthly ILR offering; each session stands alone and varies in content. The speaker guides us into exploration of some deep and murky questions of life. Come prepared to examine your thinking and sharpen your viewpoint. We will go where East meets West….science meets spirituality and knowledge meets wisdom.

Credentials/Background:
Dr. Roshan Talreja is a retired physician and self-styled philosopher. He took his pre-med training at Cambridge and graduated from Delhi University Medical School. After completing his medical degrees in England, India and the U.S., he did his Internal Medicine Residence in 1973, a Fellowship in cardiology in 1974 and training in Emergency Medicine in 1975. He is a member of the American Medical Association and the American Philosophical Association.

Port Authority of VA

Date & Time: Tuesday, Aug 21, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Jim Bibbs

Course Description:
What does The Port of Virginia do? What are those containers and where are they going? How does the Port impact the Commonwealth’s economy and community? What is the relationship with the International Longshoremen’s Association (ILA)? This class will answer all of these questions and provide an overview on the Port of Virginia’s three entities, world class facilities and expansion projects.

Credentials/Background:
James Bibbs is Chief Human Resources Officer for the Virginia Port Authority (VPA). His job focuses on building human capital which supports business initiatives and a sustainable path forward. Prior to this position he was with Citigroup, Aventis, Johnson and Johnson and Maersk. His undergraduate degree in journalism and communication is from Lock Haven University and he is pursuing a master’s degree in organizational leadership from Gonzaga University. Jim is on the board for LEAD Virginia, Hampton Roads Chamber of Commerce and the Hampton Roads Urban League.
The Natural and Human History of Fisherman Island (1607-present)

Date & Time:    Thursday, Aug 23, 10:00-12:00  
Cost:            $14  
Location:       VBHEC  
Instructor:     Bob Toner, Frank Ward and Jack Humphreys

**Course Description:**

Fisherman Island is the southernmost island on the Delmarva Peninsula chain of barrier islands and is located at the entrance to the Chesapeake Bay. It is part of the U.S. Fish and Wildlife Service’s Eastern Shore of Virginia National Wildlife Refuge system. The island, which is the habitat of migratory waterfowl, shorebirds, and nesting waterbirds is closed to the public most of the year. Once used as a quarantine station for human immigrants headed for Baltimore, it was fortified during World War I and II to protect the Chesapeake Bay. The history and its role as a major nesting area for migratory birds will be the subject of this lecture.

**Credentials/Background:**

Presenters are members of the Eastern Shore Chapter of Virginia Master Naturalists Volunteers, Eastern Shore of Virginia National Wildlife Refuge, and U.S. Fish and Wildlife Service

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Perspectives on the Post-Mandela Era

Date & Time:    Wednesday, Aug 29, 10:00-12:00  
Cost:            $14  
Location:       VBHEC  
Instructor:     Ambassador (Ret.) Bismarck Myrick

**Course Description:**

South Africa is in a process of the world’s most profound political/social and economic transition since the collapse of the Soviet Union. We will examine the directions of that change and how President Nelson Mandela’s legacy fits with the present and future of the country.

**Credentials/Background:**

Ambassador Bismarck Myrick is Lecturer of political science and history at Old Dominion University as well as a Senior Fellow at the United States National Defense University. He retired from the Senior Foreign Service of the U.S. He was Ambassador to the Kingdom of Lesotho and later as Ambassador to the Republic of Liberia. He also headed U.S. Diplomatic Missions as Consul General in both Cape Town and Durban, South Africa. He has traveled and conducted research in 40 African countries and regularly completes orientation projects in southern and western Africa. In addition, he mentors senior officials on national strategic issues. During his career in the United States Army, he earned, inter alia, the Silver Star, two Bronze Stars and Purple Heart for valor in combat. He graduated with honors from the University of Tampa and earned a graduate degree from Syracuse University. Spelman College awarded him a Doctor of Humane Letters degree. He is co-author of *Three Aspects of Crisis in Colonial Kenya*; author of “The United States and Liberia” in *The African Experience: Past, Present, and Future* and author of scores of official documents.
Understanding Opera: Street Scene

Date and Time: Wednesday, Aug. 29, 1:00-3:00
Cost: $14
Location: VBHEC
Instructor: Glenn Winters, Ph.D.

Course Description:

This class is designed to enhance appreciation for the art form of opera by exploring the first production of Virginia Opera's 2018-2019 season: Street Scene, Kurt Weill's hybrid of opera and music theater. Discussions include video and audio excerpts. Recommended for beginners and aficionados alike.

Credentials/Background:

Dr. Glenn Winters joined the Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in music from Northwestern University and also holds a D.M and M.M. in piano performance from Indiana University. His background includes teaching college-level piano, arts administration at two universities and extensive performing experience as solo pianist and accompanist. An operatic baritone, Dr. Winters has sung over a dozen principal roles including a guest appearance with the Opera Festival di Roma in Rome, Italy. His compositions include three successful Children’s musicals and a full-length opera, Much Ado About Nothing.

Oh, Horrors!

Date & Time: Thursday, Aug. 30, 10:00-12:00
Cost: $14
Location: VBHEC
Instructor: Bill Myers

Course Description:

Scary movies have thrilled audiences since the invention of cinema. Why have they continued to be popular, and how did they develop. Join movie buff Bill Myers as he takes you through the history of horror movies from the beginning up to the mid-1960s. Expect lots of movie clips and fun memories of being scared in the movie theater.

Credentials/Background:

Bill Myers worked in the television industry as a camera operator, director, videographer and producer. He taught Television Production at the Virginia Beach Tech Center for 26 years. He’s a lifelong movie fan and has studied them for many years.
Coffee and Conversation

Date: Thursday, July 19, 2018
Time: 11:45 – 1:00pm
Place: Va. Beach Higher Education Center
Cost: $5

Coffee and Conversation is your opportunity to get to know some of the members you see at classes, get acquainted with the officers and share ideas and make suggestions for future ILR programs and events.

Pre-registration is required so we can order the right number of sandwiches, cookies and beverages. Because of rising costs, we must now charge $5.00 for this event, but we think you’ll agree it is still a bargain.

We particularly hope to meet the members who will be attending Vivian Paige’s class on “Redistricting”.

Remember to wear your name tag!

Hope to see you there!
Join your friends of the ILR for:

Dinner

Wednesday, July 11, 2018

at  THE DOCKSIDE RESTAURANT AND MARINA

3311 Shore Drive, Va. Beach

5:00 PM

A true family restaurant, on any given day you'll find locals gathered around the tables for peel-and-eat shrimp, raw oysters and fresh catch specials, and when they say fresh, they mean it. Local fishing boats dock throughout the day and the specials reflect their catch. Daily specials can be broiled, blackened, fried or stuffed with crabmeat - any way you like it.

Limited to the first 45 people. Separate checks.

Sign-up Deadline: Tuesday, June 26, 2018

$1.00 Administrative Fee

Return to ILR office by sign-up deadline – Tues., June 26

Please print:

Name(s)_______________________________  Telephone:_______________________________

An ILR Social Committee Event
Inclement Weather...

Va. Beach Higher Ed Center (VBHEC) follows the lead of ODU’s main campus. When ODU is closed due to inclement weather, ILR classes are cancelled. If there is a 1- or 2-hour delay, the ILR morning class is cancelled, but the afternoon class will go on, unless we notify members by phone and/or email.

For up-to-date ODU closing and delay information:
1. Check local radio and TV stations (3, 10, and 13)
2. Check www.odu.edu Notification will be on front page; scroll down
3. Call the ODU main campus infoline: 683-3000 (has a recorded message)
4. A message is usually put on the ILR office phone...368-4160

Class Cancellations...

If a member cancels a class by phone, email or drop-in (at least 4 days in advance, during office hours), they will receive a refund voucher (minus a $2 administrative fee).

Note: For trips, the member will receive a refund check, but the refund will vary according to the individual trip policy.

If ILR cancels a program, the members will receive a full refund voucher for a class, or full refund check for a trip.
Learn all about the offerings of this exciting new theater in Town Center Virginia Beach focusing on new plays, musicals and emerging artists. The Z has been busy in its temporary home across from the Sandler Center with a varied repertoire of workshop productions of original plays and Cabaret along with concerts. In its new home with a larger audience capacity, the Z will be able to provide a little "something for everyone". Sibel Galindez, Community Liaison for the Z, will share the Z's mission of connecting new works and young artists with eager audiences and will tell us about the upcoming fall lineup.

We will meet at the Westin Hotel for Sibel's presentation and then walk to their new Zeiders American Dream Theater, situated just a block away. Closed-toed shoes are required and hard hats may be required to tour the facility, depending on the stage of construction. The Z is expected to open in the fall of 2018.

Along with the presentation and tour we will have an opportunity to purchase a ticket for one of their upcoming fall productions at a special "pre-season" discount. This will also include discounted series passes.

**Meeting Place:** Westin Hotel, Town Center, Virginia Beach

*(Note: meeting room location to be posted in the lobby)*

Parking is available at the Westin or any of the nearby garages

**Date/Time:** Friday, August 17, 10:00 a.m.

**Lunch on your own:** Town Center has many restaurants, including the Westin's Interlude, on the Ground Level.

**Cost:** $5.00

**Sign-up Deadline:** July 18, 2018  (No refunds after this deadline date)

**Maximum:** 40 people

*An ILR Social Committee Event*
Institute for Learning in Retirement
11th Annual Art Exhibit
October 10-31, 2018
Atrium

Opening Reception
Wednesday, October 11
11:30 am – 1:30 pm

Free and Open to the Public
Guest Parking in Lot 3

Members of the Institute for Learning in Retirement will exhibit their artwork throughout the Atrium. You’ll see oil, acrylic and watercolor paintings, drawings, photographs, sculpture, needlework and ship modeling.

Meet these creative retirees at the opening reception on Wednesday.

Learn more about ILR at this link: http://www.oduilr.org
For more information, call ILR at (757) 368-4160 or ODU at (757) 368-4100.
Join us at the historic **Wells Theater**

“Always ... Patsy Cline,” written by Ted Swindley, celebrates the life and music of one of country music’s most iconic voices and her unlikely friendship with a Houston housewife, as they bond over a pot of strong coffee, some dear letters between friends and the beautiful music of Cline herself. You’ll go “Crazy” over 27 of her biggest hits.

**When:** Saturday, September 22, 2018 at 2:00 p.m. We will tour the backstage of the Wells, and then at 3:00 p.m. enjoy the matinee.

- Bar and Snacks available
- Seating is in the Side Front Orchestra
- Parking at MacArthur Mall - Valet Parking at Monticello Door or for $2.25 for Day Pass, Ride the Tide to the Monticello Station

**Cost:** $26.00

**Deadline for reservations:** Friday, August 3 (No refunds after this date).

**Max:** 40 people

*A Social Committee Event*
When You Park at the VBHEC Campus...

the parking lots are “DECAL-CONTROLLED”

You want THIS... looking ‘OUT’ of your windshield!

(It’s FREE 😊)

NOT THIS... looking ‘IN’ your windshield!

(It’s $75.) 😞

ODU PARKING PASS  ODU CITATION

***VBHEC (VB Higher Ed. Center) does enforce parking regulations***

[They issue the parking citations]

Thank you

Notes:

- **ODU parking passes** are only issued to members who sign up for classes/events that are held on the VBHEC campus. The passes are good for 6 months. When they near their expiration date, new ones are issued if the member signs up, or is signed up, for more classes on the campus. Currently, there is no charge for the passes. If you have any questions, you can call the ILR office.

- For visitors without a pass, there are parking meters in the front parking lot and in Lot 3. We also issue temporary guest passes, as needed.

- Those with handicap tags also need an ODU parking pass.

- If you forget, or lose your parking pass, call or stop by the ILR office for a replacement. ILR issues the passes, not ODU Parking Services.
Directions: Head west on Princess Anne Road from ILR (ODU/VBHEC) past Independence and Lynnhaven Parkway intersections. After Lynnhaven Parkway, stay in the right lane. In about half a mile, just past the school fence, take an immediate right onto Ivywood Rd. (Princess Anne Gardens Condominium). The Clubhouse, 1450 Ivywood Rd, is directly ahead.

Friday Sept. 14, 2018 10 a.m.
Princess Anne Gardens Condominium Clubhouse
1450 Ivywood Road, Virginia Beach, VA 23453

NEW MEMBER GET-TOGETHER
ILR Members’ interests and experiences vary widely, which makes for a rich environment for discussion, exploration of new ideas, and new friendships. ILR wants to provide an opportunity for members who joined during 2017-18, to meet informally to find others with similar interests who might become new friends. Additionally, there will be a ½ hr. presentation on the history of ILR and how it operates. Sign-up deadline: Fri., Sept. 7. The cost is $1.00

Come find out what else ILR can do for you !!!
Q: Once I’ve signed up for a class, will I get a confirmation?

Yes...If we have an email address for you, you will be sent an email, for each class, within two weeks of receipt of your Registration, to notify you, if:

1. your registration in a class is Confirmed.
2. there is a Wait-list, and you’re on it.
3. the class is Full, or Cancelled, and you will be sent a full refund.

No...If you do not have email, you will be notified by mail, only if:

1. there is a Wait-list, and you’re on it.
2. the class is Full, or Cancelled, and you will be sent a full refund.

Note: if you have any questions, you can call the office at 368-4160.

Q: How will I know in which classrooms the VBHEC classes will be held?

The classroom # will be posted in 3 places:

1. On white placard board, if you come in through the front entrance, in Atrium, or
2. On the ceiling-mounted TV monitor, near the Waves Café, in the Atrium
3. On the door of the ILR office (room 125), if you come in through the back entrance (from Lot #3)

Q: Can I bring a guest to a class, activity or trip?

Yes, guests are welcome, if space is available, as members always have priority.
Simply call the office to see if there is room.
Note: the event fee must be paid, and an individual may attend, as a guest, only once per year.
Great Books Reading and Discussion Group

The Great Books Foundation, established in 1947, provides opportunities for people of all ages to become more reflective, critical thinkers and readers through the practice of shared inquiry, a text-based discussion of written works of enduring value.

The ILR Great Books group meets on the 1st and 3rd Fridays of each month, with this year’s session running from September 7th through April 19th.

The texts we will discuss are:

Living With the Past (from The Great Books 50th Anniversary Series – cost $15.95)
Clashes of Culture (from The Great Books 50th Anniversary Series – cost $15.95)

Contents:

Overture by Marcel Proust
The Rat Man by Sigmund Freud
The Island by Gustaw Herling
Momik by David Grossman
An American Childhood by Annie Dillard
Poetry by William Wordsworth, Adrienne Rich, Robert Lowell, and Derek Walcott
Deep Play: Notes on the Balinese Cockfight by Clifford Geertz
The Two Shores by Carlos Fuentes
The Souls of Black Folk by W.E.B. Du Bois
The Antheap by Doris Lessing
A Voyage to the Country of the Houyhnhmns by Jonathan Swift

The novels we will discuss are:

One Hundred Years of Solitude by Gabriel Garcia Márquez (cost varies)
Song of Solomon by Toni Morrison (cost varies)
Wide Sargasso Sea by Jean Rhys (cost varies)

The texts can be purchased from the Great Books Foundation either by phone (800-222-5870, ext. 2), or online at www.store.greatbooks.org. These are print-on-demand books, so please allow at least 8 days for delivery. The novels can be purchased from any bookstore or online.

There will be a $20.00 charge for the yearly ILR membership fee and a $27.00 charge for room rental. Please register in the ILR office if interested. For any further questions, please contact Dianne Pruden at (757) 431-3672 or by e-mail at dkpruden@gmail.com, or Leo Schutte at (757) 620-5126 or by e-mail at schutte1211@gmail.com.
Wellness Wave
Summer 2018
Free and Open to All ILR Members!

ODU RECREATION & WELLNESS
Building healthy habits!

OLD DOMINION UNIVERSITY
VIRGINIA BEACH

A Perfect Fit for Every Body!

WEDNESDAYS

May 30
June 13 & 27
July 11 & 25
August 8 & 22

2:30 — 3:00pm: Biometrics in the Atrium
Heart rate, blood pressure, weight & BMI

3:00 — 4:00pm: Physical Activity in Rm. 251
Learn to love fitness
Longwood Gardens transforms its 400 acres of plants into a winter wonderland both indoors and outdoors. Experience the joys of the season as poinsettias, trees, and fragrant flowers transform the indoor conservatory into a holiday wonderland. Stroll through the outdoors to view colorful fountains, experience festive music, and trees adorned with a half million bulbs. And for shoppers, there is a garden shop. During the first day, we will spend at least five (5) hours at Longwood.

Dining for Dollars at Longwood Gardens. Take a break from walking and viewing holiday decorations to leisurely dine with fellow travelers.

Dress in layers for the Longwood event, you will experience heated indoor and non-heated outdoor activities.

Day 2 begins with a tour of one of America’s unique sales venues. Then we have an opportunity to shop for holiday presents or decorations. The bus will have storage for your purchases.

Founded by Henry Francis du Pont, Winterthur (pronounced “winter-tour”) is a premier museum of American decorative arts. Its 60-acre naturalistic garden is among the country’s best. On our second day of travel, we will have a Yuletide Tour as well as a Garden Tour and free time to browse or shop.

Dining Options:

**Day 1:** Longwood Family Restaurant for lunch and Dining for Dollars ($20 food voucher) at Longwood Gardens.  
**Day 2:** Breakfast at the hotel, lunch at Limoncello Ristorante in Chester Springs, PA, box dinner from Market Street Grill in Salisbury, MD, on the way back home.

**Hotel:** Best Western Plus in Concordville, PA.

**COSTS:** $290 (double occupancy per person) $350 (single occupancy per person) Includes bus, bus driver tips, snacks, entry fees, meals, and hotel.

**SIGN-UP DEADLINE:** JUNE 8, 2018 (Friday). **NO refunds, after this date!**

**MINIMUM:** 40  
**MAXIMUM:** 50

**Departures:** December 4 (Tuesday) Target (1245 N. Military Hwy) at **7:00 am & Chesapeake Bay Bridge Tunnel (CBBT)** at **7:45 am.**

**Returns:** December 5 (Wednesday) CBBT appx. 10:00 pm & Target appx. 10:30 pm.

Wear comfortable walking shoes and plan to dress in layers (it will be wintry weather).

**Contacts:** Bill Daley (757) 426-2228 wldaley@cox.net  
Martha J. Tompkins (757) 406-1655 mjtompkins13@outlook.com
EXCURSION TO LONGWOOD GARDENS, QVC, and WINTERTHUR
Tuesday and Wednesday, December 4 & 5, 2018

**Traveler Questionnaire** (information and meal choices)  *Incomplete forms will NOT be processed!*

Complete one form for each trip participant (including those rooming together) and submit all paperwork together.

**Printed Name:** ________________________________

**Legibly PRINT Email Address:** ________________________________________________

**Phone:** H: ___________________  Cell: ___________________

Select one:  _____ Pick up at Target (7:00)  _____ Pick up at CBBT (7:45)

**YES**  **NO**  It is O.K. to leave messages on answering machine/voice mail?

**ROOMING CHOICE.  Choose One:**

_____ I want a single room.  $350.00

_____ I want to share a room.  $290.00 Each.  Please turn form in at the same time as roommate.

**Roommate name:** ________________________________

**Day 1 LUNCH**

**Longwood Family Restaurant**  Beverage choices are water, coffee, tea, or soda, and dessert (Apple Pie)

**Choose one** of the following Entrees:

_____ **Tuscan Sandwich** (grilled chicken breast, roasted red peppers, melted mozzarella cheese and basil pesto sauce) with French fries and cole slaw.

_____ **Sliced turkey and bacon club** (/w lettuce and tomato) French fries and cole slaw

_____ **“Porker” original** (delicious slow-cooked pulled pork blended in a hickory-smoked BBQ sauce) French fries and cole slaw.

_____ **Vegetarian** (veggie burger) with French fries and cole slaw.

**Day 2 Box dinner**  (choose one of the following)

_____ Roast beef sandwich  _____ Roast beef lettuce wrap

_____ Turkey sandwich  _____ Turkey lettuce wrap

_____ Portobello mushroom sandwich (vegetarian)  _____ Portobello mushroom lettuce wrap

*Each order comes with a side, 2 homemade cookies (or gluten free), and soda or water.

_____ **Special Dietary Needs** (Vegetarian; Vegan; Gluten Free etc.): ________________

**Circle One:**

**YES**  **NO**  Will you be a volunteer photographer for the ILR newsletter/archives?

**YES**  **NO**  Will you write a summary of our trip experience for the ILR newsletter?

**Emergency Contact information**

**Emergency Contact Name:** ________________________________  Relationship __________

**Emergency Contact phone number/s:** ________________________________

**Gratuities** are included in the cost of the trip: bus driver, restaurant servers. Additional “gifts” are a private and personal choice. Gratuities for hotel housekeeping staff are not included.

**Questions?** Please contact one of the Travel Committee members listed below, **not the ILR Office**

Bill Daley,  wldaley@cox.net,  (757) 426-2228

Martha Tompkins  mjtompkins13@outlook.com  (757) 406-1655
Travel Committee Trip Disclosure Form

Incomplete forms will NOT be processed!

This form clarifies the policies of ILR and the commitment of the trip participant(s)

**ILR HOLIDAY EXCURSION TO LONGWOOD GARDENS, WINTERTHUR, AND QVC**

**Overnight Trip: Tuesday, December 4 and Wednesday, December 5, 2018**

**Sign-up Deadline: Friday, July 6, 2018**

**One Bus: Minimum 40 participants; Maximum 50 participants**

If interested in this outstanding trip, do not wait until the sign-up deadline to submit paperwork. Spaces are filled in the order of receipt and completion. Once the maximum (50) is reached, a numerical wait list is kept based on the submission date of completed paperwork. If you are traveling with a friend, make certain that your paperwork is submitted simultaneously, otherwise travel for both is not guaranteed.

To secure your reservation/s for this ILR Member Trip, return this signed Trip Disclosure Form, Traveler Questionnaire Form, Summer Registration form and Check, payable to ILR.

Please initial each statement below. If a couple (i.e. husband and wife) are traveling together, both need to initial and sign this document. Copy for your records.

- [ ] ILR reserves the right to cancel a trip if the minimum numbers are not met. Money will be refunded.
- [ ] If a member cancels after the Sign-up Deadline (7/6/18), and a replacement from the wait list is secured, a full refund is issued.
- [ ] If a member cancels after the Sign-up Deadline (7/06/18), and there is NO wait list, ILR does not issue refunds; however, the member may secure his/her replacement with an ILR member, making financial arrangements with the replacement and notifying the ILR office no later than September 1, 2018.
- [ ] **Wait List Policy:** If you are on the wait list, ILR will notify you as cancellations are received. Those who are still on the wait list at the time of the trip will be issued a full refund check.
- [ ] Primary communication with trip participants will be by E-mail.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

PRINTED NAME

________________________________________ Signature________________________________________ Date_______

PRINTED NAME

________________________________________ Signature________________________________________ Date_______

Office Use Only: Date Rec’d ____________ Trip $ Pd ______________ Ck. No.________________
### SUMMER 2018 CLASS REGISTRATION

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>JULY</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
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<tr>
<td>VBHEC</td>
<td>5 (Thur)</td>
<td>10 am</td>
<td>Irishman Abroad</td>
<td></td>
<td>$14.</td>
<td>$</td>
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<tr>
<td>VBHEC</td>
<td>10 (Tues)</td>
<td>10 am</td>
<td>Native Americans</td>
<td></td>
<td>14.</td>
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<tr>
<td>VBHEC</td>
<td>11 (Wed)</td>
<td>10 am</td>
<td>Baroque Art in the 17th Century</td>
<td>11th 12th</td>
<td>14.</td>
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<td>VBHEC</td>
<td>11 (Wed)</td>
<td>5 pm</td>
<td>Dockside Restaurant</td>
<td>Dockside Restaurant</td>
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<tr>
<td>VBHEC</td>
<td>16 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
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<td>14.</td>
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<tr>
<td>VBHEC</td>
<td>18 (Wed)</td>
<td>1 pm</td>
<td>Continuous Care Communities</td>
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<td>14.</td>
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<tr>
<td>VBHEC</td>
<td>19 (Thur)</td>
<td>10 am</td>
<td>Redistricting: What It Is / Where We Are</td>
<td></td>
<td>14.</td>
<td></td>
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<td>VBHEC</td>
<td>19 (Thur)</td>
<td>11:45</td>
<td>Coffee and Conversation</td>
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<td>23 (Mon)</td>
<td>10 am</td>
<td>Industrial Revolution Great Britain</td>
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<tr>
<td>VBHEC</td>
<td>26 (Thur)</td>
<td>1 pm</td>
<td>Va. Beach EMS: History and Culture</td>
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<tr>
<td>VBHEC</td>
<td>30 (Mon)</td>
<td>10 am</td>
<td>Research in Antarctica</td>
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<td>VBHEC</td>
<td>31 (Tues)</td>
<td>1 pm</td>
<td>History of Alcohol in Hampton Roads</td>
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<td>1 pm</td>
<td>Camp Ashby: POW Camp, Princess Anne County</td>
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<td>VBHEC</td>
<td>7 (Tues)</td>
<td>1 pm</td>
<td>Finding Joy after Retirement</td>
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**TOTAL (front page) $
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<tr>
<td>VBHEC</td>
<td>8 (Wed)</td>
<td>10 am</td>
<td>When Leadership Matters</td>
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<tr>
<td>VBHEC</td>
<td>9 (Thur)</td>
<td>10 am</td>
<td>Who is Sigmund Freud?</td>
<td>14.</td>
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<tr>
<td>VBHEC</td>
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<td>10 am</td>
<td>Media and Foreign Policy</td>
<td>14.</td>
</tr>
<tr>
<td>Zeiders</td>
<td>17 (Fri)</td>
<td>10 am</td>
<td>Zeiders American Dream Theater (Sign-up deadline: July 18 (no refunds after this date) (max. 40)</td>
<td>5.</td>
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<tr>
<td>VBHEC</td>
<td>20 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>14.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>21 (Tues)</td>
<td>10 am</td>
<td>Port Authority of VA</td>
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<tr>
<td>VBHEC</td>
<td>23 (Thur)</td>
<td>10 am</td>
<td>History of Fisherman Island (1607-present)</td>
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</tr>
<tr>
<td>VBHEC</td>
<td>29 (Wed)</td>
<td>10 am</td>
<td>Perspectives on the Post-Mandela Era</td>
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<tr>
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<td>29 (Wed)</td>
<td>1 pm</td>
<td>Understanding Opera: Street Scene</td>
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<tr>
<td>VBHEC</td>
<td>30 (Thur)</td>
<td>10 am</td>
<td>Oh, Horrors!</td>
<td>14.</td>
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**SEPTEMBER**

| P.A. Gardens | 14 (Fri) | 10 am | New Member Get-Together (Sign-up deadline: Fri., Sept. 7) | 1.   |
| Wells       | 22 (Sat) | 2 pm  | “Always ... Patsy Cline” (Sign-up deadline: Fri., Aug. 3, (no refunds after deadline date) Max:40 | 26.  |

**DECEMBER**

| Overnight   | 4 (Tues) | 7:00a Target or ... | Longwood Gardens, Winterthur, & QVC (Sign-up deadline: Fri., July 6 (No refunds after this date) (Min: 40 Max: 50) | $290 (per person) dbl |
|            | 5 (Wed)  | 7:45a CBBT          | ILR Membership Year (June 1, 2018 – May 31, 2019) (Please send in “MEMBERSHIP RENEWAL” form with your payment, payable to ILR) | $350 (per person) sgl |

**NOTE:** YOU CAN USE ONE CHECK FOR ALL PAYMENTS

<table>
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<th>Total (this page)</th>
<th>Total (front page)</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>(If using VOUCHERS, please include with your payment) Subtract voucher total(s) –</td>
<td>Please make check(s) payable to ILR</td>
<td>Total Due $</td>
</tr>
</tbody>
</table>

**ILR reserves the right to cancel and/or make changes to classes, as necessary.**

All members, please sign this form before returning to the office!

I do not hold Old Dominion University or The Institute for Learning in Retirement, responsible for any injury which may occur during a special event, off-campus class or field trip, in which I participate.

Signature ___________________________ Date ________________
Signature ___________________________ Date ________________

ILR does not discriminate with respect to race, color, sex, religion or national origin