Around the World…and then some

Date and Time:       Wednesday, January 9, 10:00-12:00
Cost:                $14
Location:            VBHEC
Speaker:             Carl Fincke

Course Description:
If you’re lucky in travel, things go pretty much as scheduled. But sometimes, it can be a blessing when they don’t – when you trip over the unexpected, stray from the itinerary, get lost, or get deported even (from Shanghai, no less). And if you’re going around the globe by plane, train, bus, boat and tuk-tuk, you'd better expect the unexpected. We'll make a whirlwind trip around the world, with stops in China (a quick one there -- very quick!), Cambodia, Dubai, Poland, the Czech Republic, Germany and The Netherlands.

Credentials/Background:
Carl Fincke is currently the Regional Team Editor for The Virginian-Pilot. He has been the sports editor, business editor, military editor and an investigative editor. He has previously presented classes for us on his adventures, including climbing Mt. Kilimanjaro and Cruising with Cargo.
This Way to the Big Show: The Circus in American Society and Culture

Date and Time: Thursday, January 10, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Dr. Mort Gamble

Course Description:
The circus was once the premier form of popular entertainment in America. During its “golden age,” from the 1870’s to the late 1920’s, numerous circus troupes large and small traveled the country’s roads and rails bringing spectacular, often unusual, entertainment to the masses. The influence of circuses lingers today in our language, advertising methods, appreciation for the natural world, and cultural perspectives. This course will provide a detailed, illustrated overview of American circus history, traditions, and society, will highlight the contributions of P.T. Barnum, the Ringlings, and others to the development of the business, and will discuss the status of the circus industry today as it explores new production formats, confronts modern challenges, yet continues to thrill and amaze “children of all ages.”

Credentials/Background:
Dr. Mort Gamble is Senior Vice President for Virginia Wesleyan University in Virginia Beach. He previously served as Director of Donor Relations for George Washington University in Washington, D.C. and at other institutions. His Doctor of Education in Higher Education Leadership, Master of Arts in English and Bachelor of Arts are from West Virginia University. Mort’s circus experience includes being a crew member for two seasons with Circus Kirk, a 3-ring, traveling big top show which appeared throughout the Eastern U.S. in the 1970’s. He is the author of book reviews, articles and features on circuses. Currently he is working on a book about a circus trapeze artist.

The Socrates Club

Date and Time: Monday, January 14, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: 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.
Odd Couples

Date and Time: Wednesday, January 16, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Dr. William Macchia

Course Description:
Join our class devoted to the interesting and often unique collaborations between jazz musicians and others such as pop and classical players. Some of the collaborations include the frequent blending of jazz and classical music. Others are of famous "jazzers" performing with groups such as the Rolling Stones and the Grateful Dead. Also, we will listen to pairings of jazz musicians whose styles and genres would seem incompatible. In short, the class should be a fun examination of the never-ending explorations of creative musicians and singers.

Credentials/Background:
Bill is a retired dentist who has played music since age 10. His professional musical experience, which started in high school, encompassed many styles including dance, jazz, R&B, rock, and a limited number of classical performances. He has accompanied a wide range of performers including Leslie Uggams (Mitch Miller Show), Clark Terry, Frank Foster, the Mills Brothers and the Temptations. In addition to playing in pit orchestras for many locally (CT) produced shows, he has played in several swing style big bands.

The United Nations’ 2030 Agenda for Sustainable Development

Date and Time: Thursday, January 17, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Dr. Hans-Peter Plag

Course Description:
In 2015, the United Nations agreed on the 2030 Agenda for Sustainable Development, “the road to dignity,” as the secretary general of the UN called it. This agenda aims to reach seventeen ambitious Sustainable Development Goals (SDGs) by 2030. Among others, the SDGs aim at no poverty, no hunger, gender equality, access to clean water for all, good health, quality education, safe and sustainable communities, responsible production and consumption, and protecting life on land and life under water. Since 2015, worldwide efforts are being made to facilitate progress towards these goals involving not only the governments of all UN member countries but also a rapidly increasing number of non-governmental organizations and businesses. The lecture will give an overview of the Agenda and the SDGs and review the efforts made to implement the Agenda from international and national down to grass-root levels.

Credentials/Background:
Dr. Hans-Peter Plag is Professor in the Department of Ocean, Earth and Atmospheric Science at ODU. He is the founding Director of the Mitigation and Adaptation Research Institute (MARI) at ODU.
Cycling Through Africa

Date and Time: Tuesday, January 22, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Diane Haupt

Course Description:
Diane will talk about her experience cycling through 8 countries of Africa (Kenya, Tanzania, Malawi, Botswana, Zambia, Zimbabwe, Namibia and South Africa), and the obstacles she overcame and lessons she learned while covering 4,200 miles in 60 days. During her talk, she will enlighten you with her varied interactions with the local people of each region, from the Maasai of Kenya and Tanzania to the children found at the countless schools where she often pitched her tent for the night. She will also talk about her interactions with various animals encountered in each region, from the sociable weaver bird building nests weighing up to a ton or more, to the big five typically seen on safaris, but in her case, encountered while biking or camping for the night. She will also discuss the various climates and terrain of each region from the breathtaking sand dunes of Sossusvlei in Namibia to the amazing Baobab trees over 5,000 years old!

Credentials/Background:
Diane has a Bachelor’s degree from UVA in Sports Medicine and Master's in Physical Therapy from ODU. She has traveled all over the world and is a competitive triathlete and endurance athlete.

Green Buildings and Sustainability

Date and Time: Wednesday, January 23, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Dr. Maynard Schaus

Course Description:
This seminar discusses recent developments in environmentally-friendly buildings, using Virginia Wesleyan University's Green Environmental Sciences Center as an example. We will discuss recent innovations in sustainable design, including solar technology and measures of building performance, such as LEED. Finally, we will discuss ways in which people can make existing buildings more energy efficient and world life friendly.

Credentials/Background:
Dr. Schaus has a Ph.D. and is a professor of Biology at Virginia Wesleyan University and is an Associate Provost there.
Happiness

Date and Time: Thursday, January 24, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Dr. Steven Emmanuel

Course Description:
In this interactive presentation we will think about the nature of happiness with some of the great philosophers from ancient and modern times. Special attention will be given to the role that money plays in our idea of happiness.

Credentials/Background:
Steven works primarily in ethics and the history of philosophy (east and west). He is an author, film director, and Chairman of the Board of Directors, Asian Network. He recently received the Virginia Outstanding Faculty Award, the Commonwealth's highest honor given by the State Council for Higher Education in Virginia. He received his Ph.D. from Brown University and is a Fulbright Fellow of Copenhagen.

The Truth About Opioid Addiction

Date and Time: Monday, January 28, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Dr. Chaniece Winfield

Course Description:
As an addiction psychologist, Dr. Winfield will give a general lecture on what are opioids, signs and symptoms of abuse, withdrawal, and common treatments.

Credentials/Background:
Dr. Winfield has over 10 years of experience as a behavioral health practitioner specializing in substance abuse and mental health services to individuals and families across life spans. She is an undergraduate and graduate level educator in the counseling, psychology, and human services disciplines and teaches in psychopathology, service interventions, ethics, and special populations. She received her Ph.D. in Psychology from Capella University.
Virginia Beach's Jewel - Lynnhaven River

**Date and Time:** Tuesday, January 29, 10:00-12:00  
**Cost:** $14  
**Location:** VBHEC  
**Speaker:** Helen Kuhns

**Course Description:**  
Lynnhaven River Now, formed in 2002, works with residents, businesses, faith communities, schools, and community leaders to restore and protect our Virginia Beach waterways. They have grown into an award-winning restoration project with over 8,000 members. They identify and reduce sources of contamination and restore lost habitats such as oyster reefs, salt marshes, native plants, forests, and other buffers.

**Credentials/Background:**  
Helen has over 25 years of nonprofit experience in administration, environmental, and conservation outreach to Lynnhaven River Now. She received a B.S. in Biology from Christopher Newport University, focusing on environmental science and sits on the Executive Committee for the Virginia Association for Environmental Education.

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Understanding Opera: The Elixir of Love

**Date and Time:** Wednesday, January 30, 1:00-3:00  
**Cost:** $14  
**Location:** VBHEC  
**Speaker:** Glenn Winters, Ph.D.

**Course Description:**  
This class continues a survey of Virginia Opera's 2018-2019 productions with Donizetti's sparkling comedy *The Elixir of Love*. Musical and dramatic analysis is illustrated with video and audio excerpts; recommended for opera beginners and aficionados alike.

**Credentials/Background:**  
Dr. Winters joined Virginia Opera in 2004 as Community Outreach Musical Director. He received his Ph.D. in Music from Northwestern University and 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 Operafestival di Roma in Italy. His compositions include three successful children’s musicals and a full-length opera, *Much Ado About Nothing*. 
The Current Economy and Challenges for the Future

Date & Time: Tuesday, Feb. 5, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Robert McNab

Course Description:
Professor McNab will discuss the condition of the national, state, and local economies. He will describe the prospects for economic growth in 2019 and will examine the challenges to maintaining the 2nd longest economic expansion since World War II. He will also discuss the likelihood of a recession and whether the next recession may be more significant than the Great Recession of 2008-2010.

Credentials/Background:
Professor Robert M. McNab is the Director of the Dragas Center for Economic Analysis and Policy in the Strome College of Business at ODU. He previously taught at the Naval Postgraduate School in Monterey. Prof. McNab participates in the Bank of Philadelphia’s Survey of Professional Forecasters, edits The State of the Region Hampton Roads and The State of the Commonwealth annual reports, and is a member of the Joint Advisory Board of Economists for the Commonwealth of Virginia. He has published over 50 articles and book chapters.

The ABCs of LGBTQ: Understanding Sexuality and Gender in Today’s World

Date & Time: Wednesday, Feb. 6, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Cathleen Rhodes

Course Description:
This course will introduce participants to ever evolving terminology to describe sexual identities and gender identities. Beginning with understanding lesbian, gay, bisexual, transgender, and queer (LGBTQ) terminology, participants will understand the most commonly used terms to describe sexuality and gender. Then they will be introduced to newer terms such as gender nonconforming, non binary, gender fluid, asexual, pansexual, and will have a full understanding of how to approach pronoun usage with friends, family, and strangers. The goal of the course is to help participants better understand and communicate with others in ways that acknowledge a fuller spectrum of identities related to sexuality and gender.

Credentials/Background:
Cathleen Rhodes is in the English Department at Old Dominion University. She earned her B.S. degree in English from Radford University and her M.S. degree in English literature from Old Dominion University. She has received several teaching awards.
Cognitive Challenges in Aging

Date & Time: Thursday, Feb 7, 1:00-3:00  
Cost: $14  
Location: VBHEC  
Speaker: Sue Chrissley

Course Description:  
We will discuss the disease process of dementia, the stages of the disease, resources and expectations.

Credentials/Background:  
Sue Chrissley is the Executive Director at the Waterford, an assisted living/memory care facility. She has an M.S. degree in Health Education from Old Dominion University and has worked in a variety of Assisted Living Memory Care facilities in Virginia and Maryland.

Presidents at Fort Monroe

Date & Time: Monday, Feb. 11, 10:00-12:00  
Cost: $14  
Location: VBHEC  
Speaker: Robert Kelly

Course Description:  
Part I: Presidential Visits to Fort Monroe: Named in honor of President James Monroe, Fort Monroe has hosted over 20 U.S. Presidents. We will explore the various circumstances that brought the commanders-in-chief to the “Gibraltar of the Chesapeake”.
Part II: President Lincoln at Fort Monroe: In today’s lecture we will learn about President Lincoln’s four night stay at Fort Monroe in 1862, and his direct involvement in the Union attack on Norfolk.

Credentials/Background:  
Robert Kelly is a graduate of Old Dominion University with a Bachelor’s degree in History. Robert served as the Research and Preservation Assistant for the Fort Monroe Authority from 2011-2014 and was named the Casemate Museum Historian in 2014. He is the author of many articles including General Lafayette’s visit to Fort Monroe as Guest of the Nation and The Civil War at Freedom’s Fortress. Additionally, Robert regularly presents programs across southeast Virginia about Fort Monroe-related topics and is a frequent history consultant for the Daily Press newspaper.
What We Eat Can Make a Difference

Date & Time: Wednesday, Feb 13, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Karen P. Burns

Course Description:
Did you know, Virginia’s seafood industry is the third largest in the country, and Hampton Roads is the nineteenth wealthiest port in the nation based on landings? Virginia watermen harvest 50 commercially-viable species and catch enough seafood to provide 123,000,000 meals annually. Join Karen Burns, Education Specialist and Sensible Seafood Program manager, to learn more about the global state of seafood. Play Eel of Fortune and engage in other hands-on activities that illustrate how we CAN make bigger changes to the health of our oceans by making informed decisions about the finfish and shellfish we choose to eat.

Credentials/Background:
Karen Burns graduated from Western Connecticut State University with a Bachelor of Arts degree in biology. She has been at the Aquarium since 1993, and is currently employed as an Education Specialist III whose primary responsibilities include development and implementation of adult and senior education programs, coordinating special events and managing the Virginia Aquarium Sensible Seafood initiative and partnerships.

The Barry Art Museum—A Museum Start-up in Context

Date & Time: Thursday, Feb 14, 1:00-3:00
Cost: $14
Location: VBHEC
Speaker: Dr. Jutta-Annette Page

Course Description:
The Barry Art Museum will feature more than 200 glass sculptures, paintings and other works, as well as revolving exhibits. Richard Barry, a former rector of Old Dominion's Board of Visitors, and his wife, Carolyn, last year provided the largest gift in the University's history - valued at more than $35 million - to establish the museum. The lecture will address all aspects of creating a new museum, from legal matters to architectural and design issues to collection management and educational program development.

Credentials/Background:
Dr. Page received her master's and doctoral degrees in the history of art and architecture from Brown University in Rhode Island. She became the Executive Director of the Barry Art Museum on March 1. Her research specialties include ancient to modern glass, the history of jewelry and European tapestries. Since 2003, she was a curator at the Toledo Museum of Art, supervising gallery design, installation and interpretation of about 7,000 glass objects. Previously, she was curator of European glass for a decade at the Corning Museum of Glass in New York. Dr. Page has received several awards, including the 2016 Lifetime Membership Award from the Glass Art Society and is a past president of the Society. Page also was recently named a Fellow at the Corning Museum of Glass.
The Socrates Club

Date and Time: Monday, Feb. 18, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: 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.

When Societies Collide

Date & Time: Wednesday, Feb 20, 10:00-12:00
Cost: $14
Location: VBHEC
Speaker: Patricia Strait, Ph.D.

Course Description:
This class places the phenomenon of immigration within a global perspective and demonstrates the borderless and fluid workforce that is emerging. Our speaker will draw comparisons between the U.S. and other countries, immigration patterns, and how the information source can shape one’s perceptions regarding immigration. We will also examine how host populations respond to the arrival of immigrants who bring different religious and cultural practices to host nations.

Credentials/Background:
Dr. Patricia Strait has over 30 years of state, private and federal university experience delivering innovative educational programs and in developing international partnerships. Dr. Strait is the author of numerous publications on topics such as rising nationalism, Muslim and Hispanic immigration, forced labor and ethical behavior. Currently holding the academic rank of university professor, she serves also as associate editor within the National Defense University’s Institute of National Strategic Studies, which provides research and information for national security leaders. She is a recipient of numerous awards and is a frequent presenter at international conferences.
Sustainable Water Initiative for Tomorrow (SWIFT)

**Date & Time:** Thursday, Feb. 21, 10:00-12:00
**Cost:** $14
**Location:** VBHEC
**Speaker:** Ted Henifin

**Course Description:**
HRSD is the regional wastewater treatment plant for 18 cities and counties in southeast Virginia. SWIFT is the new purification project replenishing used water into aquifer ready water. This innovative new program will purify water for southeast Virginia. This water will then be pumped underground into the aquifer to recharge the groundwater supply.

**Credentials/Background:**
Ted Henifin is the General Manager of HRSD (Hampton Roads Sanitation District). He previously served as Director of Public Works for the City of Hampton. Mr. Henifin holds a Bachelor of Science degree in Civil Engineering from the University of Virginia and is a registered professional engineer. He serves on the board of Directors for the National Association of Clean Water Agencies, the Virginia Association of Municipal Wastewater Agencies and Virginia Forever.

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GOYA --The Great Spanish Painter of the 19th Century

**Date & Time:** Monday, Feb. 25, 10:00-12:00
**Or** Tuesday, Feb. 26, 10:00-12:00
**Cost:** $14
**Location:** VBHEC
**Speaker:** Leonette Adler

**Course Description:**
Explore Goya's world through his paintings and fantastic etchings...his world of joy and anguish...war and peace.

**Credentials/Background:**
Leonette Adler is an award-wining 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 an ILR member and has presented many popular classes for ILR and other local organizations.
Understanding Opera:  *Madama Butterfly*

**Course Description:**
This class completes a survey of Virginia Opera's 2018-2019 productions with Puccini's immortal tragedy *Madama Butterfly*. Musical and dramatic analysis is illustrated with video and audio excerpts; recommended for opera 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 Operafestival di Roma in Rome, Italy. His compositions include three successful Children’s musicals and a full-length opera, *Much Ado About Nothing*.

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A Look into the Great Dismal Swamp

**Course Description:**
This overview of the National Wildlife Refuge includes establishment history, management objectives and major conservation projects, including re-establishment of the endangered Red-cockaded Woodpeckers, visitor activities, and role as site of the Underground Railroad Network to Freedom.

**Credentials/Background:**
Deloras Freeman has been 18 years with the U.S. Fish & Wildlife Service at Great Dismal Swamp National Wildlife Refuge as Visitor Services Manager, Environmental and Education Specialist. A former Public School Teacher, Deloras holds a Master’s Degree in Education from ODU. She makes her home in Chesapeake, VA.
Join your ILR friends as we sip and taste at Mermaid Winery’s private tasting room.

The Mermaid Winery was founded in 2012 as Virginia's very first urban winery. Its focus is on producing small lots of well-balanced wines using Virginia and California grapes. In addition to producing their own wines they offer hundreds of different wines from around the world to taste and enjoy.

We will be offered 5 different wines for tasting as one of Mermaid's sommeliers tells us about these wines. There will be selected cheeses and meats and assorted crudities to complement and enhance the enjoyment of the vintages. And, if you are in no hurry to leave, you might want to stay on your own and enjoy something delicious from their extensive menu selection, as well as, perhaps a glass of wine.

Meeting Place: Mermaid Winery
4401 Shore Drive, Virginia Beach, 23455.... Telephone: 233-4155

Date: Thursday, January 24, 2019
Time: 4:00 - 5:30 PM
Cost: $32 includes wine tasting and charcuterie
Deadline: Thursday, January 10, 2019 (no refunds after this date)
Maximum 75

An ILR Social Committee Event
ILR Book Group
Continues Reading and Discussing

If you love to read, come join our group!

Our very own Book Group meets at 1:00 p.m. on the 3rd Tuesday of the month (except July, August, and December). We pick two books, a fiction and a nonfiction, for each month. If a member doesn’t get both read, it is not a big deal, but it certainly does expand one’s horizons just listening to what others have to say.

We would love to have you join us!

Questions? Contact: Janice Miller jjmiller87@yahoo.com

FICTION
Jan. 15 Bowen, Rhys The Tuscan Child
Feb. 19 Dray, Stephanie America’s First Daughter
Mar. 19 Finn, A. J. The Woman in the Window
Apr. 16 Frazier, Charles Varina
May 21 Lee, Min Jin Pachinko
June 18 Ng, Celeste Little Fires Everywhere

NONFICTION
Jan. 15 Hill, Richard Finding Family
Feb. 19 Noah, Trevor Born a Crime
Mar. 19 Hanna-Attisha, Mona What the Eyes Don’t See
Apr. 16 Buck, Rinker Oregon Trail
May 21 Peterson, Jordan B. 12 Rules for Life
June 18 Westover, Tara Educated
Valentine’s Day Party

Location ~ Jackie Azaransky’s Home
4629 Sam Bates Court
Virginia Beach, VA 23462

Directions ~ South onto Independence Blvd., right onto Edwin Drive [opposite Mt. Trashmore], left onto Southern Pines, right onto Bob Jones, right onto Sam Bates Court.

Date ~ Friday, February 8th, 2019

Time ~ 5:30 p.m. ~…….? 

Cost ~ $6.00 per person

Bring your favorite heavy hors-d’oeuvre or dessert to share. Wine and soft drinks are provided.

Sign-up Deadline ~ January 31st, 2019

Limit ~ 45 people

An ILR Social Committee Event
Coffee and Conversation

Date: Wednesday, Feb.13, 2019
Time: 11:45 – 1:00pm
Place: VaB Higher Education Center
Cost: $5

Coffee and Conversation is your opportunity to get to know some of the people 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.

We particularly hope to meet the members who will be attending the “What We Eat Can Make a Difference” class that morning.

Remember to wear your name tag!

Hope to see you there!
Great Decisions 2019
The ILR Great Decisions Group continues in 2019

Great Decisions is America’s largest discussion program on world affairs. The program, prepared by the Foreign Policy Association (FPA), involves reading a predetermined selection from the Great Decisions Briefing Book, and then meeting to discuss the reading. Topics are taken from the most critical global issues facing America today.

Through its annual meetings and World Leadership Forum, the FPA gives members access to discussion and debate on the issues. More than 60 heads of government have participated in the World Leadership Forum since 2000.

The 2019 topics for Discussion are:

- Refugees and Global Migration
- The Middle East: Regional Disorder
- Nuclear Negotiations: Back to the Future
- The Rise in Populism in Europe
- Decoding US-China Trade
- Cyber Conflicts and Geopolitics
- The United States and Mexico: Partnership Tested
- State of The State Department and Diplomacy

Great Decisions meets once a month at ILR. Currently we are planning the first session for Tuesday, February 12 from 10 AM to 12 Noon, and on the Second Tuesday of each month, thereafter, through September 2019. Each session begins by viewing the topic’s briefing video. After the video, the members discuss the topic. Our first meeting will involve a bit of “housekeeping” discussion as well.

The coordinator will be Dave Hamby. If you have questions you may email him at dlhamby@gmail.com or call him, 757-619-6931.

If you want to participate, sign up on the Registration form, and include the class fee of $25.

Further information can be found on The Foreign Policy website: www.fpa.org, where you also may Pre-order/Order the Great Decisions 2019 Briefing Book ($25 plus Tax, and Shipping).

The briefing book is also available as an Ebook that may be ordered using the normal Amazon Kindle, Apple iBooks, or Google Play ordering mechanisms. Search for Great Decisions. The iBook version allowed large type and larger images.
SAVE THE DATE

EVENT: Annual ILR Meeting and Luncheon

DATE: Friday, March 29, 2019

WHERE: Westminster-Canterbury

WHAT: Social half hour
       Sit down luncheon
       Entertainment
       Installation of 2019-20 Officers

Entertainment is being provided by . . .

The Vocal Group
Fond Memories
Spring 2019 Co-Curricular Events

ODU ILR Members: Join us for these events! Use Parking Lot 3
Check our website for updates: odu.edu/vabeach

January

14  Wellness Wave
    Biometric Reading in Atrium @ 2:45pm, Activity Session 3-4pm  Room 251

28  Wellness Wave
    Biometric Reading in Atrium @ 2:45pm, Activity Session 3-4pm  Room 251

February

4   Wellness Wave
    Biometric Reading in Atrium @ 2:45pm, Activity Session 3-4pm  Room 251

18  Wellness Wave
    Biometric Reading in Atrium @ 2:45pm, Activity Session 3-4pm  Room 251

March

18  Visual & Performing Arts Academy Senior Thesis Art Exhibit
    Exhibit Run: February 21 – March 19  Atrium
    Closing Reception: March 18, 5:30-7pm  Atrium

21  Women’s History Month: Featuring Janet Peery:
    Reading from her new book, “The Exact Nature of Our Wrongs”
    12:30-2pm  Lecture Hall, Room 244

April

11  National Poetry Month: Featuring Luisa Igloria & Renée Olander:
    Readings of their new books “The Buddha Wonders if She is Having a Mid-Life Crises” & “American Dangerous”
    12:30-2pm  Lecture Hall, Room 244

ODU Virginia Beach (757) 368-4100 Odu.edu/vabeach
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 within approximately two weeks of receipt of your Registration, for each class, to notify you if either:
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 4 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 a post-it note outside entrance doors into the hallway where the ILR office is located.
4. 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.
When You Park at the Va. Beach Higher Ed Center (VBHEC) campus…

…the parking lots are “DECAL-CONTROLLED”, so…

Please Remember…

…to place your Parking Pass (face up)…

on CAR DASHBOARD

or

hang from REAR-VIEW MIRROR

***VBHEC does enforce parking regulations***

[They issue parking citations]

Thank you

The passes are good for 6 months. ILR issues parking passes when members sign up for classes held at the Va. Beach Higher Ed Center (VBHEC) campus, or whose passes are near their expiration date. Passes are also required even if you have a handicap sticker.

If you forget, or lose your parking pass, call or stop by the ILR office for a replacement.
**Class Cancellations...**

If a member cancels a class by phone, email or drop-in **at least 4 days in advance, during business hours, 9:30 - 3:30 p.m., M-F**, 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, all registered members will receive a full refund voucher for a class, or full refund check for a trip.

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**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 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](http://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
Pop Over to the Peninsula: An Historic ILR Day Trip

Wednesday, March 13, 2019        Cost: $85

Departure, 2 locations: 7:30 A.M. Target, Hilltop, Virginia Beach (park in lot near Donna Drive) OR 8:00 A.M. Walmart Supercenter (1170 N. Military Hwy, Norfolk); Return: Approx. 6:00 P.M.

Begin the day with an educational experience at the comprehensive, immersive and newly updated American Revolution Museum at Yorktown. Watch the award-winning film, Liberty Fever, enjoy a highlights sampler tour by a trained museum docent, explore the staffed outdoor living history exhibits and follow in the footsteps of history that ended the Revolutionary War.

Having satisfied our historical appetites, we will have a delicious lunch with nice options for our members including an opportunity to meet and make new friends. The exact location is currently under consideration and menu choices will be sent to travelers in February. The original site had unexpected construction precluding our arrangements.

After lunch, we head to the lower Peninsula to the historic Hampton University (HU), founded in 1868, and the HU Museum, the nation’s oldest African American Museum. Take a brief self-guided tour of the museum that chronicles the history of African American art, a history of Native Americans at HU and art and culture of Africa. The Pen of Liberty used by President Lincoln to sign the Emancipation Proclamation is upstairs in the museum.

Close to lovely Hampton University is the very unique Hampton History Museum in downtown Hampton, a city of firsts. Founded in 1610, as the first continuous English-Speaking settlement, Hampton offered the first free public education and trained our first astronauts. The history of our regional community is communicated in this impressive museum that is home to one-half million artifacts (many are on display but not all). Experience a fascinating docent-led tour of the museum plus an engaging workshop/lecture on Blackbeard, Piracy and the Economy of Colonial Virginia by the museum educator, Kristopher Peters. A special exhibit, Civil War Journey, is featured in their changing exhibit hall.

Historic St. John’s Episcopal Church, adjacent to the Hampton History Museum, is the oldest Anglican parish in continuous existence in the US. It is listed in the US National Register of Historic Places and in the VA Landmarks Register. Since 1610 St. John’s has witnessed history in the making of our country. Our visit to St. John’s will include a welcome by their Heritage Group and a short organ performance.

Gift Shops: Available at each location (except St. John’s)

Cost: $85 includes transportation, tips, lunch and entrance fees to three museums (+ docents and lecture). Bring your own coffee and/or snacks and tote bag. Café available in the American Revolution Museum.

Activity Level: There is a fair amount of walking, mostly on smooth surfaces (except for the brick entrance to the Church). Stairs and an elevator at Hampton University.

Disclaimer: The ILR reserves the right to modify the schedule if necessary.

Contact: Tour Leader, Arlene Ingram, Ajingram42@verizon.net, 757-481-0505 or 757-348-9206 (cell); Pat Dryer, Pdryer1@cox.net, 757-755-6229 or Ingrid Leland, lexleland3@cox.net, 757-353-5993.

Please do not contact the ILR Office for questions about this trip.
Trip Disclosure and Traveler Information Form

This form clarifies the policies of ILR and the commitment of the trip participant. Copy this for your records.

Pop Over to the Peninsula: An Historic ILR Day Trip

Wednesday, March 13, 2019 Cost $85

Sign-up Deadline: Friday, February 15, 2019 (see Refund Policies)

Submit paperwork as soon as possible as spaces are filled in the order of receipt. A numerical wait list is kept, if needed, based on submission date of completed paperwork. If you are traveling with a friend, submit your paperwork simultaneously. This form may be used by couples who share an ILR membership account. Copy this form for your records.

To secure your reservation/s for this ILR Member Trip, return this signed Trip Disclosure and Traveler Information Form with your Winter 2019 Class Registration Form and your Check payable to ILR.

ILR Trip REFUND POLICIES (Traveler is responsible for knowing ILR Trip policies)

- 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 (2/15/19) and a replacement from the wait list is secured, a full refund check is issued (minus $2. Admin. fee).

- If a member cancels after the Sign-up Deadline (2/15/19), 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 March 1, 2019.

- 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 departure will be issued a full refund.

- Primary communication with trip participants will be by E-mail.

Pick up location (Circle one) Target at Hilltop Walmart Supercenter on Military

Name (Print) ___________________________ E-mail ___________________________

Contact: Home Phone ___________________ Cell Phone _______________________
Do you Text? YES NO

Use the following info for second person in family who is going:

Name (Print) ___________________________ E-mail ___________________________

Contact: Home Phone ___________________ Cell Phone _______________________
Do you Text? YES NO

Lunch specifics will be sent to travelers in early February.

EMERGENCY Contact: NOTE emergency contact name, relationship and contact info on reverse

Office Use Only: Date Rec’d ____________ Trip S Pd ____________ Ck. No. _____________
Day 1 begins with travel to near Baltimore for a morning tour of the National Cryptologic Museum, one of the first public museums in the Intelligence Community, where you get a glimpse into the secret world of code-making and codebreaking.

After lunch and hotel check-in we will hop on a Trolley for a tour of Annapolis. Afterwards, the trolley will drop us off in downtown Annapolis to shop, explore and eat dinner on your own. Our bus will take us back to the hotel at a prearranged time.

Day 2 starts with breakfast at the hotel before we hop on the bus for a guided tour of the Baltimore Museum of Art (BMA) which houses the largest collection of works by Henri Matisse. You will have free time to browse the gift shop and the 2.7 acre landscaped sculpture garden. Before leaving we will enjoy lunch at Gertrude’s Chesapeake Kitchen in the BMA.

Next in the Baltimore Museum of Industry we learn how workers and small business owners shaped Baltimore’s history. Permanent exhibits include a replica of a 1910 pharmacy complete with soda fountain, the only surviving 1865 oyster cannery building in Baltimore, a 1937 Mini-Mariner and the 1906 steam tug Baltimore.

Then on to tour Fort McHenry where during the Battle of Baltimore in 1814 Francis Scott Key was inspired to write “The Star-Spangled Banner.”

Day 3 after breakfast at the hotel, we head to the United States Naval Academy in Annapolis for a walking tour of academy buildings and grounds, watch noon formation, have lunch, and visit the academy museum and gift shop before we travel home.

Dining Options
Day 1: Breakfast on the bus, lunch at Panera Bread in Hanover, MD. Dinner on your own in downtown Annapolis.
Day 2: Breakfast at hotel, lunch at Gertrude’s Chesapeake Kitchen in BMA, dinner at Yellowfins in Edgewater, MD.
Day 3: Breakfast at hotel, lunch at the Naval Academy Club in Annapolis, box dinner from Market Street Grill, Salisbury.

Hotel: Springhill Suites in Annapolis, MD.

COSTS: $405.00 (double occupancy per person) $517.00 (single occupancy per person) Includes bus, tips, snacks, entry fees, most meals, and hotel.

SIGN-UP DEADLINE: January 15, 2019 (Tuesday) After that…see Refund Policies on Disclosure form.
MINIMUM: 40 MAXIMUM: 50
Departures: March 26, 2019 (Tuesday) Walmart Supercenter (1170 N. Military Hwy) at 6:15 am.
Return: March 28, 2019 (Thursday) Walmart Supercenter approx. 10:00 pm

Activity Level: Some walking on uneven surfaces. Wear comfortable walking shoes and plan to dress in layers (weather can be very unpredictable in March).

Contacts: Martha Tompkins (757) 406-1655 mjitomkins13@outlook.com
Ingrid Leland (757) 353-5993 lexleland3@cox.net
ILR BALTIMORE and ANNAPOLIS, MD / NOT YOUR AVERAGE MUSEUM TOUR

March 26-28, 2019 (Tuesday – Thursday)

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.

<table>
<thead>
<tr>
<th>Printed Name:</th>
<th>__________________________</th>
</tr>
</thead>
</table>

Legibly PRINT Email Address: ____________________________________________

Phone: Home: ____________________  Cell: ________________________________

**YES**  **NO**  Is it o.k. to leave messages on answering machine/voice mail?

**ROOMING CHOICE.** Choose One.

___ I want to share a room. **$405.00 Each.** Please turn form in at the same time as roommate.

___ I want a single room. **$517.00**

Roommate name: ________________________________________________________

*Drinks with **screw tops only please** on bus. No pop top cans or glass containers. Personal food must be in a plastic bag.*

**Day 1 Lunch - Panera’s Box lunches.**

Please choose one of the following:

___ Modern Caprese Sandwich: bean purée, cheese, arugula, tomato on focaccia

___ Steak and Arugula Sandwich: tomatoes, onions, garlic cream cheese, on sourdough

___ Roasted Turkey Sandwich: cheddar, Apple, slaw, arugula on cranberry walnut bread

___ Napa Almond Chicken Salad Sandwich: greens, tomato, on country rustic bread

**All sandwiches come with chips, pickle, and cookie**

___ Green Goddess Chicken Cobb Salad: chicken, lettuce, tomato, onion, avocado, bacon, egg, with baguette and cookie

**Day 2 Lunch - Gertrude’s. Complimentary Soft Beverages**

Please choose one of the following:

___ Highlandtown Chicken Salad with toasted almonds, grapes & tarragon on olive bread, lemon orzo pasta salad with pine nuts

___ Mom-Mom’s Tuna Salad. Albacore tuna with lettuce & tomato on seven-grain bread, served with potato chips

___ Turkey on Focaccia with provolone cheese, field greens, tomato & pesto aioli with lemon orzo pasta salad with pine nuts,

___ Powerhouse Vegetarian. Fresh spinach, field greens, tomato, red onion, alfalfa sprouts, carrots, spicy Pepper Jack cheese & pesto aioli on seven-grain bread, served with fresh fruit

**Day 2 Dinner - Yellowfin’s. Complimentary Soft Beverages**

Please choose one of the following:

___ Jumbo Lump Crab Cake with wild rice and haricot vert (thin French green beans)

___ Southwestern Salmon Salad

___ Beef Tenderloin Stroganoff

___ Vegetarian Option

**Day 3 Dinner - Box Meal Salisbury, MD** Soda or water and two cookies included

Please choose one of the following from each line:

___ Roast Beef  ___ Turkey  ___ Portobello Mushroom

___ Sandwich  OR  ___ Lettuce Wrap

___ Pasta Salad  ___ Potato Salad  ___ Quinoa Salad

Adult beverages can be purchased at individual traveler’s expense.

**Circle One**

**YES**  **NO**  Do you have a national park pass? Please bring it! (for Fort McHenry)

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

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

**Emergency Contact information**

Emergency Contact Name: __________________________  Relationship __________

Emergency Contact phone number/s: __________________________

**Gratuities** included in the cost of the trip: bus driver, restaurant servers, housekeeping. Additional “gifts” are a personal choice.

**Questions?** Please contact one of the travel committee members listed below, **not the ILR Office:**

Martha Tompkins  mjtomkins13@outlook.com  (757) 406-1655  Ingrid Leland  lexleland3@cox.net  (757) 353-5993
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 Baltimore and Annapolis / Not Your Average Museum Tour

Three (3) days, Two (2) nights
Tuesday, March 26 through Thursday, March 28, 2019

Sign-up Deadline: Tuesday, January 15, 2019
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, Check payable to ILR, and the Winter 2019 Class Registration Form.

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

ILR Trip REFUND POLICIES (Traveler is responsible for knowing ILR Trip policies)

_____ 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 (01/15/2019), and a replacement from the wait list is secured, a full refund is issued (minus $2. Admin. fee)

_____ If a member cancels after the Sign-up Deadline (01/15/2019), 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 February 1, 2019.

_____ 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.

_____ Bring a National Park Pass, if you have one.

Signature/s: PLEASE PRINT LEGIBLY AND SIGN

PRINTED NAME
________________________________________ Signature ___________________________ Date ________

PRINTED NAME
________________________________________ Signature ___________________________ Date ________

Office Use Only:       Date Rec’d _____________ Trip S Pd ____________       Ck. No. __________________
INSTITUTE FOR LEARNING IN RETIREMENT  
ODU/Virginia Beach Higher Education Center (VBHEC)  
1881 University Dr., Room 125  
Virginia Beach, VA 23453  
(757) 368-4160 website: www.oduilr.org email: oduilr@juno.com

(Please print)  
Name(s): ____________________________________________  
Address: ___________________________________________________________________  
City, State, Zip: ____________________________________________________________  
Phone: ____________________________  Cell Phone(s): ____________________________  
Email(s): ____________________________  

**License Plate_________________ State____ Make___________ Model _________ Color______  
**License Plate_________________ State____ Make___________ Model _________ Color______  

** ODU requires this license information from anyone issued a Va. Beach Higher Ed Center (VBHEC) campus parking pass; please fill in one or both if you haven’t yet given us this information.

WINTER 2019 CLASS REGISTRATION

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>JANUARY</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>9</td>
<td>10 am</td>
<td>Around the World</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>10</td>
<td>10 am</td>
<td>The Circus in American Society</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>14</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>16</td>
<td>1 pm</td>
<td>Odd Couples</td>
<td></td>
<td>14.</td>
<td></td>
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<tr>
<td>VBHEC</td>
<td>17</td>
<td>10 am</td>
<td>United Nations’ 2030 Agenda</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>22</td>
<td>10 am</td>
<td>Cycling Through Africa</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>23</td>
<td>10 am</td>
<td>Green Buildings and Sustainability</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>24</td>
<td>10 am</td>
<td>Happiness</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td><strong>Mermaid Winery</strong></td>
<td>24</td>
<td>4 pm</td>
<td>Mermaid Winery</td>
<td>Sign-up deadline: Thurs., Jan. 10 (max: 75)</td>
<td>32.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>28</td>
<td>10 am</td>
<td>The Truth About Opioid Addiction</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>29</td>
<td>10 am</td>
<td>Va. Beach’s Jewel – Lynnhaven River</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>30</td>
<td>1 pm</td>
<td>Understanding Opera: “The Elixir of Love”</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>FEBRUARY</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>5</td>
<td>10 am</td>
<td>Current Economy and Future Challenges</td>
<td></td>
<td>14.</td>
<td></td>
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<tr>
<td>VBHEC</td>
<td>6</td>
<td>10 am</td>
<td>The ABCs of LGBTQ in Today’s World</td>
<td></td>
<td>14.</td>
<td></td>
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<tr>
<td>VBHEC</td>
<td>7</td>
<td>1 pm</td>
<td>Cognitive Challenges in Aging</td>
<td></td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td><strong>Azaransky home</strong></td>
<td>8</td>
<td>5:30</td>
<td>Valentine’s Day Party</td>
<td>Sign-up deadline: Tues., Jan. 1 (max: 45)</td>
<td>6.</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL (front page) $
<table>
<thead>
<tr>
<th>Location</th>
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<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>11 (Mon)</td>
<td>10 am</td>
<td>Presidents at Fort Monroe</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Tues)</td>
<td>10 am</td>
<td>“Great Decisions” Discussion Group (Meets February through September, 2019)</td>
<td>25.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>13 (Wed)</td>
<td>10 am</td>
<td>What We Eat Can Make a Difference</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>13 (Wed)</td>
<td>11:45</td>
<td>Coffee &amp; Conversation</td>
<td>5.</td>
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</tr>
<tr>
<td>VBHEC</td>
<td>14 (Thur)</td>
<td>1 pm</td>
<td>The Barry Art Museum</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>18 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>14.</td>
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</tr>
<tr>
<td>VBHEC</td>
<td>20 (Wed)</td>
<td>10 am</td>
<td>When Societies Collide</td>
<td>14.</td>
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</tr>
<tr>
<td>VBHEC</td>
<td>21 (Thur)</td>
<td>10 am</td>
<td>Sustainable Water Initiative for Tomorrow</td>
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</tr>
<tr>
<td></td>
<td>26 (Tues)</td>
<td>10 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>27 (Wed)</td>
<td>1 pm</td>
<td>Understanding Opera: Madama Butterfly</td>
<td>14.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>28 (Thur)</td>
<td>10 am</td>
<td>A Look into the Great Dismal Swamp</td>
<td>14.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
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<th>Totals</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>FEBRUARY</strong></td>
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<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>MARCH</strong></td>
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<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yorktown &amp; Hampton</td>
<td>13 (Wed)</td>
<td>7:30a</td>
<td>Pop Over to the Peninsula</td>
<td>85.</td>
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<tr>
<td></td>
<td></td>
<td>Target or Walmart</td>
<td>Sign-up deadline: Fri., Feb. 15 (see Refund Policies on Trip Disclosure form) (Min: 40  Max: 50 )</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>8:00a</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>26 (Tues) to 28 (Thur)</td>
<td>6:15a</td>
<td>ILR Baltimore and Annapolis, MD Trip</td>
<td>$405(per person) dbl</td>
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<tr>
<td></td>
<td></td>
<td>Walmart</td>
<td>Sign-up deadline: Tues, Jan. 15 (see Refund Policies on Trip Disclosure form) (Min: 40  Max: 50 )</td>
<td>$517(per person) sgl</td>
<td></td>
</tr>
</tbody>
</table>

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

Total (this page)

Total (front page)

Total

(If using VOUCHERS, please include with your payment) Subtract voucher total(s) –

Please make check(s) payable to ILR

Total Due $

*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*