Dealing with Energy Suckers

Date and Time: Tuesday, October 4, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Lindsay C. Gibson, Psy. D.

Course Description:
Energy suckers are people who make us sorry we started the conversation. Instead of an enjoyable, two-way exchange, energy suckers make it all about them. We leave the interaction feeling drained and wondering how we ended up feeling so exhausted after talking to perfectly nice people. The problem is deeper than talkativeness; it goes all the way back to a person’s level of psychological maturity. Like egocentric children, energy suckers use up all the air in the room and become the center of attention. Learn the hallmark characteristics of their emotional immaturity and how their lack of empathy makes deeper relationships impossible. If you grew up with parents who were emotionally immature, these people may pose a special challenge for you. Learn to stop making the responses that make their behavior worse, and learn the approach that makes them easier to take. By using maturity awareness, you can see them in a new light and protect yourself from their neediness.

Credentials/Background:
Lindsay C. Gibson, Psy.D., is a licensed clinical psychologist in private practice in Virginia Beach. She has both a Master’s and Doctorate in Clinical psychology and has been practicing for over 30 years. In the past she has taught doctoral psychology students as an Adjunct Assistant Professor for both the College of William and Mary and Old Dominion University. Dr. Gibson’s first book, Who You Were Meant To Be: A Guide to Finding or Recovering Your Life’s Purpose, was published in 2000 by New Horizon Press, and her latest book, Adult Children of Emotionally Immature Parents: How to Heal from, Distant, Rejecting, or Self-Involved Parents, was released by New Harbinger Publications in June, 2015.
Thomas Jefferson and the Lewis and Clark Expedition

Date and Time: Wednesday, October 5, NEW TIME 10:30-12:30
Cost: $10
Location: VB Central Library
Instructor: Robert Torgler

Course Description:
Thomas Jefferson never took his eyes off the west. This talk tells the story of the expedition he engineered that opened the west—perhaps the most momentous journey in American history. Join Lewis and Clark to see our country as they saw it—wild, awesome, and beautiful.

Credentials/Background:
Robert Torgler attended the College of William and Mary and the Wharton School of University of Pennsylvania. He filled senior management positions with IBM for over 30 years and was Corporate Vice President prior to retirement. Mr. Torgler was a senior docent and lecturer at the Smithsonian Museum of American History and National Archives, specializing in the Revolutionary era.

Can You Hear Me?

Date and Time: Thursday, October 6, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Molly J. Howlett, Dr. of Audiology

Course Description:
Don't be left out of the conversation again. Hearing loss is the 3rd most chronic health condition in the United States, and 1 out of 5 adults suffer from some degree of hearing loss. Let Dr. Howlett debunk the myth of hearing loss and tell you about technology to empower you on the journey to better hearing.

Credentials/Background:
In 1999, having earned her Master of Science in Audiology from Towson State University in Maryland, Dr. Howlett joined Eastern Virginia Medical School as a Clinical Audiologist, providing services at DePaul Hearing and Balance Center as well as the Children's Hospital of the King's Daughters. She has also provided services at the Department of Veteran's Affairs in Hampton. In 2002, Dr. Howlett earned her Doctorate of Audiology from the Arizona School of Health Sciences. She is certified by the American Speech and Hearing Association and is a fellow of the American Academy of Audiology. She has been in practice for 23 years.
Center Stage with the VSO’s Kimberly Gilman

Date and Time: Monday, October 10, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Kimberly Gilman

Course Description:
Have you ever wondered what it’s like to be a full-time professional orchestral musician? Join the VSO’s 2nd French horn player for an engaging musical conversation. Hear music in an entirely new way, learn about her background and preparation, and discuss the various styles and eras as both the music and the instrument evolved. Gain a deeper understanding of how the French horn makes its unique contribution and how the ensemble works together under the conductor’s leadership to interpret and convey the composer’s meaning. Don’t miss this unique opportunity to hear about classical music from an expert musician.

Credentials/Background:
Kimberly Gilman joined the Virginia Symphony as 4th horn in 2008. At the invitation of music director JoAnn Falletta, she took on new duties as 2nd horn in 2015. Ms. Gilman has performed with orchestras all over the Northeast. She has held tenured positions in the New Haven Symphony, the Allentown Symphony, the Reading Symphony, and the Northeastern Pennsylvania Philharmonic. Ms. Gilman continues to return to her home state every summer to serve as 2nd horn in the Ocean City Pops. She is active as a solo recitalist and has twice been featured as a guest artist in the Virginia Arts Festival's celebrated chamber music series. She has also appeared as part of the American Guild of Organists’ Organ Swell recital series. Ms. Gilman received her musical training at the Peabody Conservatory, the Manhattan School of Music, and the Juilliard School. She passes along her music education today as a frequent guest lecturer in schools throughout the Hampton Roads region and as a coach with the Bay Youth Orchestras.

The Mathews Men

Date and Time: Wednesday, October 12, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: William Geroux

Course Description:
Our coastal region is the setting for a forgotten story of World War II: the heroics and sacrifices of the U.S. Merchant Marine, which braved German U-boats and bombers to haul weapons, ammunition and supplies across the Atlantic on cargo ships to Allied troops in Europe and Africa. That story is told in the book The Mathews Men through the adventures of an offbeat brotherhood of sea captains from Mathews County, Virginia, a remote outpost on the Chesapeake Bay, which has been a cradle of merchant mariners since colonial times. The class will include a PowerPoint presentation with photos from the book.

Credentials/Background:
Bill Geroux has been writing professionally all his life. He spent more than 30 years as a newspaper reporter and editor, much of his career covering Hampton Roads and the Outer Banks of North Carolina for The Richmond Times-Dispatch. He’s won numerous journalism awards for breaking news coverage, feature writing, and investigative journalism. After leaving journalism, he worked for Maersk Line Limited, writing proposals to win contracts for the company to operate government vessels. Mr. Geroux is a 1977 graduate of the College of William and Mary where he majored in education. The Mathews Men (published by Viking, an imprint of Penguin Random House) is his first book. He is now at work on a second book.
Coffee and Conversation

Date:  **Wednesday, October 12, 2016**
Time:  11:45 – 1:00pm
Place:  VBHEC

Join us for our quarterly session of **Coffee and Conversation**.

What’s **Coffee and Conversation**?  It’s an opportunity to socialize with fellow ILR members. We also wish you would get acquainted with your fellow ILR members and the officers. As always, feel free to share ideas and make suggestions for future ILR programs and events.

Everyone is encouraged to come, but we particularly hope to meet the members who will be at the Higher Ed Center on Wednesday morning for **The Mathews Men** class. Stop in after class and enjoy a beverage, sandwich, and cookies provided by the ILR, **free of charge**.

The room number will be posted on the TV monitor in the Atrium/Lobby and on the door of the ILR office.

We’ll be there from 11:45 – 1:00pm.

**Please RSVP**... either on the Class Registration form, or call the office at least 4 days or more in advance (368-4160). Your reservation helps us provide the correct amount of lunch goodies.

**Hope to see you there!**
Mushrooms!
Date and Time: Thursday, October 13, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Theresa Augustin

Course Description:
Ever wonder what that mushroom is that popped up in your yard or what mushrooms are all about?
This presentation will answer these questions and more! Learn some facts, basic mushroom identification, and the importance of fungi in nature.

Credentials/Background:
Theresa Augustin is a graduate of Old Dominion University with a B.A. in Biology. She joined Norfolk Botanical Garden in 2000 as an Apprentice Gardener and became Curator of Natural Areas in 2005. In this capacity she manages over 80 acres of NBG's 175 acres. Theresa frequently collaborates with the Biology Department of ODU and has been an active committee member for ODU's Lytton J. Musselman Endowed Natural History Lecture Series for the past six years. She is also a member of the Virginia Native Plant Society, South Hampton Roads Chapter. Theresa brings a passion and enthusiasm for the natural world with particular interest in native plant communities, conservation, and fungi.

The Socrates Club
Date and Time: Monday, October 17, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Roshan Talreja, M.D.

Course Description:
Let us do philosophy by questioning everything. Think of your life as lifelong learning. Live an intellectual life. Sharpen your viewpoint, re-evaluate your belief, become more thoughtful! Our "resident philosopher" will guide us.

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 American Medical Association and the American Philosophical Association. He enjoys public philosophy where east meets west . . . science meets spirituality . . . knowledge meets wisdom.
Understanding Opera: The Barber of Seville

Date and Time: Wednesday, October 19, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Glenn Winters

Course Description:
This class will focus on the second production of Virginia Opera's 2016-2017 season, Rossini's timeless comedy The Barber of Seville. Students will receive comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for opera aficionados and beginners 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 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, Mr. Winters has sung over a dozen principal roles, including a guest appearance with the Opera festival di Roma in Italy. His compositions include three successful children's musicals and a full-length opera, Much Ado About Nothing.

What Are You Waiting For?
Is it time to Downsize, Declutter and Simplify Your Life?

Date and Time: Thursday, October 20, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Lisa Daily and Richard Lecours

Course Description:
Making a decision to downsize your possessions and to possibly move is often complicated by deep emotions and the thought of saying good-bye to a well-loved home that is full of many treasures and treasured memories. There is no book that tells us when the time is right and there’s no magic formula for embarking on this transition, so it is easy to avoid action. This session will provide insights, tips, ideas, advice and answers to questions about overcoming the overwhelming feelings of not knowing how to begin, what to do with all my “stuff” (that the kids don’t want), should I donate, should I sell, should I let someone else handle it (who?), what do I really need? The presenters will discuss obstacles and solutions to downsizing and clues that indicate you are ready to downsize so that you have time to enjoy what’s really important to you. Audience participation encouraged.

Credentials/Background:
Lisa Dailey and Richard Lecours are the owners Arange, a popular Hampton Roads business that specializes in providing services that assist with organizing and downsizing your home. Both have had managerial and organizational experiences in their previous careers with well-known retailers and have combined their talents into their successful local business. Their program will focus on tips, tricks and techniques they have learned as they have worked in the Hampton Roads community. They have written articles for Senior Advocate, Senior Living and After 55, and they appear frequently at many retirement communities and civic leagues providing insights about “taking the next step.” They belong to a number of professional organizations that enrich their expertise in the field of downsizing, decluttering and simplifying your life.
CARAVAGGIO - Not for the Timid Viewer

Date and Time: Thursday, October 27, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Shirley Confino-Rehder

Course Description:
In this session, we will discuss Caravaggio's use of color, light, and metaphors, exposing what was on his mind. Renaissance "learned erotica", as opposed to popular pornography, was steeped in metaphors, allusions, and elaborate rhetorical devices. Michelangelo Merisi da Caravaggio was trained in the Lombardy region of Italy and painted secular subjects often using models from the street as well as flowers and fruit for metaphors. He combined realistic observations of the human state, both physical and emotional, to make symbolic references, allowing him license to speak aloud with his brush and paint.

Credentials/Background:
Shirley Confino-Rehder is a graduate of New York School of Interior Design and continued her education at Queens College while studying fine art and theatre design. She also studied drawing, etching and lithography at the Art Student League in New York. Shirley is Chair of the Norfolk Mayor’s Commission for Persons with Disabilities and Emeritus Chair of the Hampton Roads Disabilities Board. Understanding the need to include everyone in experiencing art in museums, she created a tour for persons who have impaired vision, which has been published in The International Journal of Inclusive Medicine. In addition to design and advocacy work, Shirley will soon start docent training at the Chrysler Museum.
Contentious National Elections

Date and Time: Monday, October 31, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Art Hildebrandt

Course Description:
Since 2016 is a national election year, it is a great time to revisit past controversial contests. We will review the elections of 1796 (John Adams) and 1800 (Jefferson) that demonstrated the problems with the Constitution. The elections of 1824 (John Q. Adams), 1876 (Hayes), 1888 (B. Harrison), and 2000 (G.W. Bush) produced Presidents who had neither a plurality nor majority of the popular vote. We will review them all, especially the 1876 Election that was the most contentious ever. Twelve Presidential elections resulted in plurality victories with the winning candidate receiving less than 50% of the popular votes cast. We will discuss these in the context of third party candidates. Finally, we will look at the only Vice-Presidential election decided by the Senate and the "faithless electors."

Credentials/Background:
Art Hildebrandt graduated from Georgetown University with a B. A. in economics and received his J.D. degree from The Cleveland State University, John Marshall College of Law. Between college and law school he served in Vietnam as the Senior Advisor to Vietnamese River Patrol Group 53 and received awards including the Navy Commendation Medal with Combat "V". In 1974, he began his legal career in the Navy Office of General Counsel. In 1976, at the Naval Air Systems Command, he provided legal advice including the F/A 18-Strike Fighter and Harpoon missile programs. In 1984, he was assigned as Counsel, Joint Cruise Missiles Program and provided legal advice for the development, testing and production of the Tomahawk Cruise Missile Weapons System. After returning to the Naval Air Systems Command as Deputy Counsel, he was selected for the Senior Executive Service. He was appointed Associate General Counsel (Litigation)/Director, Navy Litigation Office in 1992 and in 2000 as Associate General Counsel (Management). He has won many civilian awards including the SES Presidential Rank Award, Meritorious Executive in 1996 and 2002 and the SES Presidential Rank Award, Distinguished Executive in 2006.
John Anthony Walker - SPY

Date and Time: Tuesday, Nov. 1, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Vance Perry

Course Description:
The group of spies assembled by John Walker has sometimes been called the most damaging Soviet spy ring in history. What kind of spy tradecraft did Walker employ in his spying activities? What was his early life like, which led to him eventually becoming a spy for the Soviet Union against the United States? What motivated him? He was on a roll and decided to thicken the plot and build a ring of spies to assist him. Who were they? What did they do? What happened that finally allowed the United States to catch and stop this spy and the damage that was being done? What damage was done and what was the aftermath, for both the spies and the United States? This lecture will address all of these topics and will provide insight to the answers.

Credentials/Background:
Vance Sperry is a 23-year Army Intelligence professional. A former private investigator, he has lived all over the world, learning languages and cultures. He holds a number of degrees in areas including National Security Affairs and International Relations. He currently calls Virginia Beach his home, where he is always busy researching and analyzing some topic of interest.

The Prettiest Girl on Stage Is a Man

Date and Time: Thursday, Nov. 3, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Dr. Kathleen Casey

Course Description:
Our instructor will explore popular portrayals of race and gender in American vaudeville from 1900 to 1930. Analyzing photographs, advertisements, sheet music and reviews of provocative vaudeville performers, she will reveal how shifting ideas on gender and race were deeply entangled at the turn of the 20th Century.

Credentials/Background:
Dr. Kathleen Casey teaches American Women’s History and African American History at Virginian Wesleyan College. She is the author of two books, the most recent of which is *A Social and Cultural Biography of the Purse in America from the 19th Century to the Present*. Dr. Casey received her Ph.D. in History from the University of Rochester in New York and holds a graduate certificate in Gender and Women’s studies.
Africa Today: A Conversation About a Continent in Transition

Date and Time: Monday, November 7, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Dr. Patrick Mbajekwe

Course Description:
Beyond safaris and Sahara, Mobutu and Mandela, Ebola and Boko Haram, what else do we really know about Africa today? Our instructor will expand our knowledge.

Credentials/Background:
Dr. Patrick Mbajekwe is an Associate Professor of History at Norfolk State University where he is a specialist in Modern African History. He earned a Master’s degree from the University of Lagos and a Ph.D. in World History and Economic History from Emory University.

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The Battle of Petersburg

Date and Time: Tuesday, November 8, 10-12:00
Cost: $10
Location: VBHEC
Instructor: Al Chewning

Course Description:
Using museum quality reproductions, battlefield relics and a PowerPoint presentation, our instructor will relate the historic significance of the battle of Petersburg.

Credentials/Background:
Al Chewning holds degrees from the University of Richmond and Hampton University. He is the owner of Histories and Haunts, Inc. and is listed in the National Registry of Living Historians. He was formerly on the Board of Advisors of the Old Coast Guard Station and Museum in Va. Beach. He is a storyteller and author of 4 books about Virginia Beach history. For 12 years he worked for the National Park Service as a living history interpreter at several Civil War battlefields.
Great Portrait Painters

Date and Time: Wednesday, November 9, 10:00-12:00
OR (You may choose either day)
Thursday, November 10, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Leonette Adler

Course Description:
Artist and lecturer Leonette Adler will discuss the portraits of artists from the early 17th century to the present time. Included in the discussion will be the work of Rembrandt, van Gogh, John Singer Sargent, and the contemporary artists Chuck Close and Jamie Wyeth.

Credentials/Background:
Leonette Adler is an award-winning local artist whose work has been exhibited at numerous museums and galleries. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. A long-time member of ILR, she has presented many popular lectures for both ILR and the Tidewater Antiques and Art Association.

Is Greed Good?

Date and Time: Monday, November 14, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Dr. Stephan Emmanuel

Course Description:
Although many people view greed as a sin or a moral vice, others would argue that greed is really a good thing. Without greed, they say, there would be no prosperity. To get some insight into this debate we will consider the views of Plato and Aristotle who had a lot to say about greed and how it relates to human happiness. Be prepared for a lively session.

Credentials/Background:
Dr. Stephan Emmanuel is Professor of Philosophy at Virginia Wesleyan College and works primarily in ethics and the history of philosophy (East and West). He is also an author, film director, and Chairman of the Board of Directors of the ASIAW Network. Dr. Emmanuel earned his undergraduate degree at Boston University, his Ph.D. at Brown, and was a Fulbright Fellow at the University of Copenhagen.
Tour the STIHL, Inc. Power Tools Plant in Virginia Beach

Date and Time: Wednesday, Nov. 16, 9:00-11:30
Cost: $10
Location: 536 Viking Dr., Virginia Beach

Specific parking information will be made available. Carpooling is encouraged.

Course Description:
This is a 2-1/2 hour guided tour of the STIHL, Inc. plant.
The group will see:
♦ Polymers processing (injection and blow molding of plastics)
♦ High-speed precision machining of Crankshafts and Pistons
♦ One of the largest non-automotive injection molding facilities on the East Coast
♦ Dozens of automated technologies and robot-assisted manufacturing
♦ The full assembly process for hand-held outdoor power tools
♦ Proof that manufacturing is still alive and well in the United States

Limit: 30 participants.
Those who were on the waiting list for the Spring tour will be given first choice if their registration is received in the office by Oct. 15th.

The Old F.B.I. from a 32-Year Veteran

Date and Time: Thursday, Nov. 17, 1:00-3:00
Cost: $10
Location: VBHEC
Instructor: Jim Healy

Course Description:
From entry-level clerk to Special Agent in Charge, our instructor will discuss highlights of his 32-year, coast-to-coast career of investigating crimes on government and Indian reservations. He tracked communist spies in Northern California, directed the famed Ten Most Wanted Fugitives Program at J. Edgar Hoover’s FBI Headquarters, and led the search for the first escapees from the “escape-proof” prison in Marion, Illinois.

Credentials/Background:
Jim Healy is a native of Detroit, Michigan, who earned a Journalism Degree at Michigan State University after serving two years in the U.S. Navy during World War II. He attended the University of Detroit Law School while working for the FBI and qualifying for the Special Agent Position, thereafter serving in offices throughout the country and at FBI Headquarters. Following retirement as Special Agent in Charge of the Norfolk Division, he was a vice president of Intertel, the international security company in Washington, D.C. He now resides in Virginia Beach.
The Socrates Club

Date and Time: Monday, November 21, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Roshan Talreja, M.D.

Course Description:
Let us engage in public philosophy---ideas have power---free thinking is essential for a meaningful life. Examine and enrich your inner life as you think about thinking. The speaker will evoke some new thoughts.

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 American Medical Association and the American Philosophical Association. He enjoys public philosophy where east meets west...science meets spirituality...knowledge meets wisdom.

“The Birds” is Coming!

Date and Time: Tuesday, November 22, 10:00-12:30
Cost: $10
Location: VBHEC
Instructor: Bill Myers

Course Description:
"The Birds" is coming! That was Alfred Hitchcock's tag line for his follow up to the thriller Psycho. English teachers couldn't stand it (although it is grammatically correct) but audiences loved it. As usual with a Hitchcock movie, there's a lot going on under the surface, such as another son with a mother problem and, of course, why can't we and the birds just get along. Hitchcock fan Bill Myers will walk you through this thriller and point out why this movie had some groundbreaking special effects.

Please note, The Birds is two hours long, so the class may run over by 30 minutes or so.

Credentials/Background:
Bill Myers is recently retired from teaching Television Production for 16 years at the Virginia Beach Tech Center. After receiving his degree from Marietta College in Ohio, he settled in the Hampton Roads area. His professional career contained major radio and television production, including jobs at Channel 3, CBN, WNIS and TCC. He has long been an enthusiastic Hitchcock fan.
The Caribbean: A Geographer’s Perspective

Date and Time: Monday, Nov. 28, 10:00-12:00

Cost: $10

Location: VBHEC

Instructor: Donald J. Zeigler

Course Description:
Using maps, charts, and photographs, the contemporary and historical geography of the Caribbean will be unveiled, with a special emphasis on the theme of fragmentation as applied to understanding the physical and political map. The vignette on Cuba may make you want to visit!

Credentials/Background:

Dr. Zeigler is Professor Emeritus of Geography at ODU Virginia Beach. He has traveled widely in the Middle East, Europe, and Latin America. He has been a Fulbright scholar in Morocco, has held visiting scholar appointments in Syria and Jordan, and has also led over a dozen teacher seminars to the Mediterranean Region and other parts of the world. He served as President of the National Council for Geographic Education in 1997, and as President of the international honor society in geography in 2009-10. In 2006, he received a statewide award for outstanding teaching from the State Council of Higher Education in Virginia. His Ph.D. is from Michigan State University.
9th Annual ILR Art Show

October 4 - 31, 2016

ODU-VB & ILR are presenting the 9th Annual ILR Art Show in the VB Higher Ed Center (VBHEC) Atrium.

Calling all ILR artists!!

It’s free and open to the public!!!

If you...
... are an ILR member
... are an artist (amateur, professional, all mediums)
... have an original work or two  (returning artists: art work never shown in past shows)

We encourage you to sign up and exhibit your work! Finish it, Frame it, Enter it!

Note: examples of works from past shows: batik, oil, pastel, needlepoint, silk painting, watercolor, paper marquetry, pencil, wood, acrylic, mixed media, and ships in bottles.

Once you decide on your entries, please send your vital information: name, email, phone#, art medium, size of works, titles, price or NFS, and short biography of yourself to:

Daisy Smith at artsy@macs.net, or mail to:
813 Sussex Ct., Virginia Beach, VA 23464...

...before Thursday, SEPT. 15th

If you have questions, please call Daisy at 467-2270 or 737-1934 (c).

Hanging of show: Mon., Oct. 3, from 11a.m.–1p.m. (works must be ready to hang when you arrive)
Taking down of show: Mon., Oct 31...11a.m.–1p.m.
(works must stay up for the duration of the show)

RECEPTION for artists & guests

Tues., Oct. 4 (4:30 – 6:00 p.m.)...in the VBHEC Atrium

Come join us for food and refreshments as you browse the various pieces our talented members have entered!!!
Class Cancellations...

If a member cancels a program *(at least 4 days in advance)*, 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.

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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 may be put on the ILR office phone...if we get info early enough
On October 1, 2009, the Joint Expeditionary Base Little Creek-Fort Story was established. It is one command with two properties: Joint Expeditionary Base Fort Story and Joint Expeditionary Base (JEB) Little Creek. It is comprised of the former Naval Amphibious Base Little Creek and the Army Post of Fort Story. The 1607 first landing site is part of Fort Story. Little Creek began as a training ground for World War II amphibious forces. These two locations are the Pearl by the Bay (Little Creek) and The Emerald on The Ocean (Fort Story).

Join fellow ILR members as we tour JEB Little Creek, the major base for the Amphibious Forces in the U.S. Navy’s Atlantic Fleet and home of the “Brown Water Navy.” We will enjoy a private tour of the base and visit the SEAL Heritage Center. In addition, depending upon availability, we will do one or more of the following: tour either an Amphibious Ship, a Joint High Speed Vessel, visit Assault Craft Unit 4 (Hovercraft), visit Assault Craft Unit 2 (possible Harbor Ride) or Explosive Ordnance Disposal Group 2 (robot displays/operations; don explosive attire).

Wear comfortable clothing commensurate with the weather – no skirts or dresses. Wear flat, soft-soled shoes. There is no handicap accessibility for this tour.

Lunch is included and will be in the Galley. Lunch consists of a main line (choice of 3 main entrees); a speed line featuring sandwiches and burgers; salad/soup bar; dessert and beverage.

This tour is a full day event, as the tour will be from 10:00 a.m. to 3:00 p.m. Arrival time at the base for the tour will be 9:45 a.m. A photo ID will be necessary. In addition, we are required to complete a Base Access Sheet with pertinent information to be submitted prior to the tour date. All participants will be contacted for the necessary information.

DATE: Wednesday, November 2, 2016
ARRIVAL TIME: 9:45 a.m.
TOUR: 10:00 a.m. to 3:00 p.m. – No skirts or dresses – flat, soft-soled shoes
LUNCH: The Galley on the base – lunch included in cost of tour
COST: $30.00 Includes private base bus, driver, guide and lunch.
DEADLINE: October 20, 2016 – No cancellations or refunds after this date.
MAXIMUM: 29
LOCATION: JEB Little Creek – Gate TBD
PARKING: Gate and parking directions will be e-mailed or mailed to all participants closer to date.

Return with payment to ILR by October 20, 2016.

An ILR Social Committee Event
ILR Book Group

The ILR Book Group will begin its new year of reading...

Tuesday, Sept. 20th, in room 210, from 1:00-3:00-ish

We always have two books to discuss – a fiction and a non-fiction...

September 20th books are:

Fiction: A Dog’s Purpose by W. Bruce Cameron
and

Non-Fiction: The Wright Brothers by David McCullough

New members are Welcome!!!

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We meet on the 3rd Tuesday of each month, except Dec. and July
Volunteers Needed...

SALVATION ARMY CHRISTMAS DEPOT 2016!

This year’s Depot will be at the same location (the old HQ building), near Town Center, right behind Office Max.

The dates are December 15, 16, 17 and 19. Two shifts each day.

**NEW THIS YEAR:** in order to sign up for the day/time of your choice, call the new volunteer phone line – 543-8100, ext. 64123.

► Be sure to tell them that you are an ILR member ◄

This will be our 12th year of volunteering for this great and fun activity! For new folks, this is how Salvation Army’s Angel Tree, Virginian-Pilot’s Joy Fund, and USMC Toys for Tots items get under those Christmas trees.

**You can help with:**

1) sorting and delivering Angel Tree clothing  
2) handing out stockings and Mom gifts  
3) assisting families to their cars with gifts  
4) assisting in the actual gift “shopping”  
5) giving out food (from Operation Blessing) for a nice Christmas dinner.

**NOTE:** you will be walking/working on a hard surface in a warehouse-type environment. Leave any coats and purses in your car, as there is no place to put them inside. Water and hot coffee will be available. It is quite a job, and reaches its peak the last couple of weeks before the Holiday.

There is no heavy lifting…our wonderful Marines do all that, along with actual shelf stocking!

If you have any questions, call Judy Schooley at 486-7490.
ODU Virginia Beach Fall 2016 Events

**Thursdays:**
- September 8
- October 27
- December 1

**ODU VB Wellness Wave**
- Biometrics: 3:00 - 3:30pm
- Atrium
- Activity: 3:30 - 4:30pm
- Room 239

**Reception**
- September 8
- 6:00 - 8:00 pm

**Coastal Living Art Exhibit**
- Featuring
  - Ellen Sinclair & Bobbi Gunn
- Run September 1 - 22
- Center Atrium

**39th ODU Literary Festival**
- Strange Bedfellows: Politics and Literature
- Featuring
  - Elmaz Abinader
- At ODU Virginia Beach Lecture Hall 244

**September 29**
- 12:30 - 2:00 pm
- Reception
- Book sales & signing follows

**Reception**
- October 4
- 4:30 - 6:00 pm

**Institute for Learning in Retirement**
- 9th Annual Art Exhibit
- Run October 4 - 28
- Center Atrium

**ODU Women’s Center**
- Red Flags & Green Dots:
  - A panel discussion on Sexual Assault & Prevention in Higher Education

**October 19**
- 12:30-1:30pm
- Lecture Hall 244

**Reception**
- To follow discussion

**Special Event Guest Parking Lot 3**
- ODU Virginia Beach
- 1881 University Drive, Virginia Beach, VA 23453
- odu.edu/vabeach 757-368-4100
Q: Once I’ve signed up for a class, will I get a confirmation?

No. There are really only two times that you will be notified (by phone or mail)...
1. If a class is cancelled (then you will be sent a full refund voucher)
2. If there is a wait-list, and you’re on it.

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 the 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 entrances (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; 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.
ENJOY YESTERYEAR and HOLIDAY CHEER IN PETERSBURG, VA
Thursday, December 15, 2016

Let’s motor up to Petersburg, VA and experience the 1700 and 1800’s architecture and the revival of many historic buildings. Our first stop is Battersea a 35 acre estate featuring a five-part Angle Palladian house build in 1768 by Col. John Bannister, a botanist and first major of Petersburg. The restoration of Battersea is currently “a work in progress”. PBS has used this property filming Mercy Street. We’ll get to see some of the buildings and sets used in that series.

Then it’s off to tour 2 private homes on Historic High Street. One is the Benjamin Watkins Leigh House, a striking Georgian-style home built in 1808 and Strachan-Harrison House, a Dutch Colonial, built during the period 1730-1760. At one time Grace Church stood in the expansive front yard and the house was the parish house.

We’ll have lunch at The Farmer’s Market Restaurant. This octagonal brick building is recognizable from the PBS series. During lunch you’ll meet Ignatius Creegan of Ignatius Hats, who made all of the hats worn in Mercy Street. Then off to Centre Hill that’s very prominent in the television show, serving as the home from which the family was displaced as Union troops took it for a headquarters. Other stops include The McIlwaine House, prominent in Spielberg’s Lincoln as well as Mercy Street, The Farmers Bank and The Trees of Christmas at the Petersburg Area Art League. While in Petersburg, we’ll stroll through Old Towne and enjoy the holiday decorations.

DATE: Thursday, December 15, 2016
COST: $75.00 (includes all entry fees, lunch, snacks and gratuities).
MINIMUM: 40       MAXIMUM: 100

***(We reserve the right to limit the trip to one bus unless at least 75 sign up)

SIGN-UP DEADLINE: Wednesday, October 12, 2016

DEPART: 7:30 AM (Target – 1245 N. Military Highway, Norfolk)
RETURN: Approximately 6:30 PM (Target)

Note: There will be a moderate amount of walking. This includes stairs in the houses as well as cobblestone streets. Plan accordingly.
Lunch Menu:

Curried Tomato and Crab Soup

Sweet Cornbread Mini Loaf

Luncheon Entrees-

CHOOSE ONE:

_____ Ginger Glazed Salmon over Bok Choy & Wild Rice with Roasted Winter Root Vegetables

_____ House Smoked Pork Shoulder BBQ, Apple/Fennel Slaw & House Baked Beans

Ice Cream Sundae

Signature Iced Tea, Unsweet Tea or Coffee

Vegetarian and Gluten Free selections available if requested at time of sign-up.

Name: __________________________________________ (print)  Date: __________

Signature: ________________________________________

Email: ____________________________________________

Phone Number: ______________________________

Cell Phone Number: (for day of trip) _________________________

PLEASE MAIL or HAND-DELIVER THIS SHEET, THE SIGNED DISCLOSURE FORM AND CHECK (made payable to ILR) TO:

Institute for Learning in Retirement
ODU/ Virginia Beach Higher Education Center
1881 University Drive, Room 125
Virginia Beach, VA 23453
**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](http://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______

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**FALL 2016 class registration**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>OCTOBER</th>
<th>Cost</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC*</td>
<td>4 (Tues)</td>
<td>10 am</td>
<td>Dealing with Energy Suckers</td>
<td></td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>CLA-VB</td>
<td>5 (Wed)</td>
<td>10:30a</td>
<td>Thomas Jefferson/Lewis &amp; Clark Expedition</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>6 (Thur)</td>
<td>10 am</td>
<td>Can You Hear Me?</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>10 (Mon)</td>
<td>10 am</td>
<td>Center Stage with the VSO’s Kimberly Gilman</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Wed)</td>
<td>10 am</td>
<td>The Mathews Men</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>12 (Wed)</td>
<td>11:45</td>
<td>Coffee &amp; Conversation (Please reserve...so we can get correct food amt.)</td>
<td>FREE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>13 (Thur)</td>
<td>10 am</td>
<td>Mushrooms!</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>19 (Wed)</td>
<td>1 pm</td>
<td>Opera: The Barber of Seville</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>20 (Thur)</td>
<td>1 pm</td>
<td>Time to Downsize, Declutter, Simplify your Life?</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>27 (Thur)</td>
<td>10 am</td>
<td>CARAVAGGIO – Not for the Timid Viewer</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>31 (Mon)</td>
<td>10 am</td>
<td>Contentious National Elections</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>1 (Tues)</td>
<td>10 am</td>
<td>John Anthony Walker - SPY</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>2 (Wed)</td>
<td>10 am</td>
<td>Joint Expeditionary Base Little Creek-Fort Story (Sign-up deadline: Thu., Oct. 20… Max: 29)</td>
<td></td>
<td>30.</td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>3 (Thur)</td>
<td>10 am</td>
<td>The Prettiest Girl on Stage is a Man</td>
<td></td>
<td>10.</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**

**This data is now being required by ODU Parking Svcs. for anyone issued a parking pass.**
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>VBHEC</td>
<td>7 (Mon)</td>
<td>10 am</td>
<td>Africa Today: a Continent in Transition</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>8 (Tue)</td>
<td>10 am</td>
<td>The Battle of Petersburg</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>9 (Wed)</td>
<td>10 am</td>
<td>Great Portrait Painters</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VBHEC</td>
<td>14 (Mon)</td>
<td>1 pm</td>
<td>Is Greed Good?</td>
<td>10.</td>
</tr>
<tr>
<td>VSHEC</td>
<td>16 (Wed)</td>
<td>9:00a</td>
<td>Tour the STIHL, Inc. Power Tools Plant in VB (Max: 30)</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>17 (Thur)</td>
<td>1 pm</td>
<td>The Old F.B.I. from a 32-year Veteran</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>21 (Mon)</td>
<td>10 am</td>
<td>The Socrates Club</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>22 (Tues)</td>
<td>10 am</td>
<td>“The Birds” is Coming!</td>
<td>10.</td>
</tr>
<tr>
<td>VBHEC</td>
<td>28 (Mon)</td>
<td>10 am</td>
<td>The Caribbean: A Geographer’s Perspective</td>
<td>10.</td>
</tr>
</tbody>
</table>

**DECEMBER**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Name(s) of Registrants</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15 (Thur)</td>
<td>7:30a</td>
<td>Petersburg, VA Tour (Sign-up deadline: Wed., Oct. 12…Min: 40 / Max: 100)</td>
<td>75.</td>
</tr>
</tbody>
</table>

If a green ‘Membership Renewal’ form is enclosed, with this elephant...oops!...you haven’t yet renewed. To do so, simply send in the form, with payment.

( **NOTE:** you can use one check for all payments )  

---

**Total (this page)**

**Total (front page)**

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

**Please make checks 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.
WHERE, OH WHERE, HAS SUMMER GONE??

FALL CLASSES are about to begin, and... **Oops!**... you haven’t renewed your membership so that you can attend some of our great ILR classes and events.

**Simply fill out this form, make check payable to ILR, and mail in, or, if you sign up for some classes, you can send it in, along with your Class Registration form.**

*Note: you can use one check for all.*

Looking forward to seeing you in 2016-2017

Membership co-chairs.

Dorothy Wolfred 495-2519
Robert Burns 226-8648

**MEMBERSHIP RENEWAL**

June 1, 2016 – May 31, 2017

Membership dues: $15 per person

[PLEASE PRINT]

LAST NAME ______________________________ FIRST NAME ______________________________

LAST NAME ______________________________ FIRST NAME ______________________________

ADDRESS ________________________________________________________________

CITY ______________________________ ZIP CODE + FOUR ________________

PHONE ______________________________ CELL PHONE ______________________________

EMAIL ______________________________ EMAIL ______________________________

*LICENSE PLATE: _________ STATE ________ MAKE ______ MODEL ______ COLOR ______

*[This data is now being required by ODU Parking Svs., for anyone issued a parking pass]*

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