**Boulder Bodies**

**Date and Time:** Monday, January 8, 10:00-12:00  
**Cost:** $10  
**Location:** VBHEC  
**Speaker:** Kasha Winston

**Course Description:**
Health-physical fitness is your Boulder, your foundation for longevity, mental acuity, the ability to be injury and disease free. In this class you will learn the art and science of the Boulder lifestyle.

**Credentials/Background:**
**Kasha Winston** is a corrective and performance exercise specialist. She holds 4 World and 4 American records in power lifting. Kasha is a champion Body Builder. She is also a yoga instructor. She integrates years of experience and continued learning to coach and direct the integrated mind and body building of long-lasting boulder bodies.
Chief Tecumseh’s Curse and U.S. Presidents

Date and Time: Tuesday, January 9, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Art Hildebrandt

Course Description:
The “Curse of Tecumseh” (also known as “The Twenty-Year Curse”) describes the situation involving each American President who won election in a year ending in zero from 1840 to 1960. Each of these Presidents (Harrison, Lincoln, Garfield, McKinley, Harding, Roosevelt, and Kennedy) died in office. The “Curse” was apparently broken with President Reagan, who was elected in 1980, but did not die in office. Apparently, the “Curse” was broken! But was it? Maybe it has just changed tactics. We will discuss the “Curse” and its impacts on the Presidency.

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. During his legal career with the Office of General Counsel, he provided legal advice for the Joint Cruise Missile Program and the Tomahawk Cruise Missile Program. He was appointed Associate General Counsel (Litigation) Director and as Associate General Counsel (Management). Art has been awarded the SES Presidential Rank Award, Meritorious Executive and the Distinguished Executive awards.

Michelangelo and Da Vinci

Date and Time: Wednesday, January 10 or Thursday January 11, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Leonette Adler

Course Description:
This class will introduce the geniuses of Michelangelo and Da Vinci. This is an art appreciation class in which visuals are accompanied by narrative by our instructor.

Credentials/Background:
Leonette Adler is an award-winning local artist whose art work has been shown in numerous museums and art galleries on the East Coast. Leonette taught at the Chrysler Museum Art School for five years and at Norfolk Academy for 25 years. A member of ILR, she has presented many popular art history lectures for ILR and lectures for the Tidewater Antiques and Arts Association.
A Cultural Traveler in England

Date and Time: Tuesday, January 16, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Mary Boone Bernsen

Course Description:
The speaker will discuss her favorite places in England from stately homes to museums. Come prepared to share your experiences in England during the second hour.

Credentials/Background:
Mary B. Bernsen served as a Foreign Service Library and Information Resource Officer with the United States Information Agency and the U.S. Department of State for over 20 years, from 1985-2005, during which time she rose to the rank of Counselor in the U.S. Senior Foreign Service. Mary served as the director of the State Department’s international library program, providing policy, programs and support to 175 libraries and information resource centers at U.S. embassies and consulates worldwide. After her service she was the State Librarian of North Carolina until 2012. Mary has her BA and MSLS degrees from the University of North Carolina at Chapel Hill, where she is currently a member of the Board of Visitors. Her awards include two Senior Honor Awards from the U.S. Department of State and the Distinguished Alumni Award from the UNC School of Information and Library Science.

Understand Opera: "A Midsummer Night's Dream"

Date and Time: Wednesday, January 17, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Glenn Winters, Ph.D.

Course Description:
This class will prepare students to enjoy Virginia Opera's third mainstage production of the current season: Benjamin Britten's sparkling adaptation of the classic Shakespearean comedy of fairies and spells, A Midsummer Night's Dream. Detailed musical/dramatic analysis is illustrated with audio and video excerpts; recommended for opera beginners and aficionados alike.

Credentials/Background:
Dr. Glenn 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.
Disney Made Me What I Am: The Influence of Mass Media on Children, Adolescents, and the Adults They Become

Date and Time: Thursday, January 18, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Kathy Merlock Jackson

Course Description:

The Walt Disney Company has been a potent force in American popular culture since the 1920s. Disney media products are like wallpaper. They surround us from the time we are very young, and we tend to accept them at face value rather than looking at them critically. In this short course, we will consider the effects of Disney narratives on children’s psyches, exploring common images and themes that are shared by generations. Through an analysis of several Disney animated feature films, toys, and theme park attractions, we will discover the messages that Disney transmits to its audience about love, courtship, and marriage, creating expectations for future relationships. If you are interested in Disney princesses, Disney villains, and the role of mass media in the lives of children, this is the class for you.

Credentials/Background:

Kathy Merlock Jackson is Professor of Communication at Virginia Wesleyan University, where she teaches courses in media studies and children's culture. She is the author of over a hundred articles, chapters, and reviews and has written or edited eight books, four of them on Disney-related topics, and one, most recently, on Mister Rogers' Neighborhood. She is editor of The Journal of American Culture and Vice President/President-Elect of the Popular Culture Association/American Culture Association.

The Socrates Club

Date and Time: Monday, January 22, 10:00-12:00
Cost: $10
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.
Cetaceans of the Virginia Coast

Date and Time: Tuesday, January 23, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Jane Scott Norris

Course Description:
The presentation discusses cetaceans – whales, dolphins and porpoises - in general (size, adaptations, lifecycle, and migration); then discusses those that visit the Virginia coastal region throughout the year. It will cover threats to marine mammals, pertinent laws and what we can do to help them.

Credentials/Background:
Ms. Norris (BSc, MS), first-ever State Department Chief Information Security Officer, retired from the Senior Foreign Service (U.S. Department of State) as Dean of the School of Applied Information Technology at the Foreign Service Institute. She has taught masters courses for the University of Southern California and Embry Riddle Aeronautical University and lectured extensively on information security. In retirement, Jane has indulged her passion for wildlife photography, traveled extensively (including to all 7 continents) and become a certified Virginia Master Naturalist. Her volunteer work centers on the Virginia Aquarium Boat programs.

Beyond the Curb

Date and Time: Thursday, January 25, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Kristi Rines

Course Description:
Each week, you faithfully push your recycling and trash cart to the curb, but have you ever wondered what happens to your waste once the city picks it up? “Beyond the Curb” takes you on the journey through the fascinating world of waste management and how the most populated city in the Commonwealth of Virginia handles trash, recycling, yard debris, and bulky items from over 450,000 residents a week.

Credentials/Background:
Kristi Rines currently serves as the Recycling Coordinator for the City of Virginia Beach. Prior to her work with the city, she served as the Marketing and Events Manager for the largest, privately owned recycling company in Virginia. Kristi's diverse background includes waste and recycling programs, commodity markets, public sector marketing, consumer habits, alternative fuels, processing of recyclables, compost and zero waste. In addition to serving as the Recycling Coordinator, Kristi is also the Executive Director of Keep Virginia Beach Beautiful, the Public Works Liaison for the Virginia Beach Clean Community Commission and serves on the Board for the Virginia Recycling Association.
The Importance of Native Plants

Date and Time: Monday, January 29, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Tom Houser

Course Description:
Plants that are naturally adapted to the local environment require a minimum amount of maintenance to thrive, and so lighten the gardener’s workload. Native plants also provide much-needed food and cover for local pollinators and wildlife whose presence adds another dimension of interest to the landscape.

Credentials/Background:
Tom Houser is a Senior Horticulturist with the Norfolk Botanical Garden. He has over 12 years of experience managing the large woodland gardens and is currently responsible for the care of the Virginia Native Plant Garden, the Enchanted Forest, the Wildflower Meadow and the Pollinator Garden. Tom has a passion for pollinators which gives him a deep understanding of the important role native plants play in their conservation. He is also a certified arborist.

Life at Cape Henry: A Community by the Seaside, 1898-1904

Date and Time: Tuesday, January 30, 10:00-12:00
Cost: $10
Location: VBHEC
Speaker: Kasey Zronek

Course Description:
Join us for an in-depth look into life at Cape Henry in the years just before it became a tourist destination. Discover how ten families, representing three different federal services, created a flourishing community. Learn how that community succeeded despite the harsh landscape and physical isolation. Hear what joys the residents found in good friends and undeveloped land. Then learn which forces fundamentally altered the local landscape and prompted the development of Virginia Beach as a vacation town, one nearly unrecognizable to the Cape’s turn-of-the-century residents. The speaker relies on a photograph collection and accompanying diary entries to understand the hardships and joys the families, specifically Dr. and Mrs. C.P. Cronk, faced as part of this community. She weaves them together with federal documents and the memories from their son, Don, to recreate their lives from 1898-1904.

Credentials/Background:
Kasey Zronek, Director of Education, Virginia Beach Surf & Rescue Museum, graduated from Indiana University with a degree in History, and earned her MA in Applied History from George Mason University. Her interests have always been in museum education and maritime history. She has been with the Virginia Beach Surf & Rescue Museum since 2015, following a summer internship. In 2016, she became the Director of Education.
The Camino de Santiago

Date and Time: Wednesday, January 31, 1:00-3:00
Cost: $10
Location: VBHEC
Speaker: Mr. Robert Kunzinger

Course Description:
The speaker and his son walked along this 500-mile trail from France to the coast of Spain, one of the world's oldest pilgrimages. Mr. Kunzinger will share the cultural impact of the pilgrimage and the photos taken by his son, Michael, a photographer.

Credentials/Background:
Robert Kunzinger is a professor of Humanities, Tidewater Community College. He is the author of 7 books of essays.

Perceptions of an Irishman Abroad

Date and Time: Thursday, Feb. 1, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Mike Ruddock

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

Credentials/Background:
Mike Ruddock is a Lieutenant Colonel in the British Army, stationed at NATO.
Are You “Good to Go”?  

Date and Time: Monday, Feb 5, 10:00-12:00  
Cost: $10  
Location: VBHEC  
Instructor: Jeanne Crawford and Stephanie Stringer  

Course Description:  
At some point you’ll probably need to plan a funeral for yourself or someone you care about. Don’t leave this daunting task to your loved ones. Making decisions under a cloud of grief with little time to think things through could result in them buying services they don’t really want and spending more than necessary. The Funeral Consumers Alliance of Tidewater (FCAT) will help us learn how to make decisions in advance. Their volunteers are dedicated to educating consumers to help them plan (NOT pre-pay) a meaningful dignified affordable funeral. Note: FCAT is not connected to the funeral industry; they’re more like the Consumer Reports for funeral planning. Learn what you need to know and be “Good to Go”.  

Credentials/Background:  
Jeanne Crawford is the President of FCAT. As a clinical psychotherapist, she believes in planning on all levels but particularly when the expected happens unexpectedly. She is an Educational Specialist and has been a primary Caregiver for a loved one for the last 15 years. Stephanie Stringer is a 10-year volunteer and Past President of FCAT. She doesn’t like to spend money unnecessarily while she’s alive and certainly not after she’s dead. With degrees in Social Work and Special Education, she was a teacher who then moved into a career in Human Resources.

Norfolk Naval Station: Celebrating its 100th Anniversary  

Date and Time: Tuesday, Feb. 6, 10:00 – 12:00  
Cost: $10  
Location: VBHEC  
Instructor: Captain Rich McDaniel  

Course Description:  
The Commanding Officer of Naval Station Norfolk will provide an overview of the largest and most operationally complex naval installation in the world. His presentation will include the history of the base, current missions, economic impact and the future of the installation.  

Credentials/Background:  
Captain McDaniel is a native of Memphis Tenn., where he attended the University of Memphis and was commissioned in the United States Navy in 1992. He is a graduate of the Naval War College where he earned a Master of Arts degree in National Security Affairs and Strategic Studies. He is also a graduate of the Joint Forces Staff College. He was the 2012-13 Federal Executive Fellow at the Brookings Institute where he wrote, No Plan B: U.S. Strategic Access and the Question of Bahrain. Capt. McDaniel has been awarded the Defense Meritorious Service Medal, Meritorious Service Medal, Joint Service Commendation Medal and the Navy Achievement Medal. He reported to Naval Station Norfolk in August 2015 and assumed command in March 2017.
The Amazing, Awe-Inspiring (and Possibly Salacious) Life of Abraham Lincoln

Date and Time: Wednesday, Feb. 7, 10:00-12:00  
Cost: $10  
Location: VBH EC  
Instructor: Dr. Jonathan W. White

Course Description:
This presentation by an award-winning expert on the Civil War will give an overview of Lincoln’s life, from his birth in a log cabin in 1809 until his death in 1865. Topics covered will include Lincoln’s difficult frontier childhood, his love life, struggles with depression as a young man, his leadership during the Civil War, and his dreams of assassination as an adult. You don’t want to miss this fascinating and timely presentation.

Credentials/Background:
Dr. Jonathan W. White is associate professor of American Studies at Christopher Newport University. He is author or editor of eight books and almost one hundred articles, essays and reviews about the Civil War. His earlier book, *Emancipation, the Union Army, and the Reelection of Abraham Lincoln*, was named a best book of 2014 by *Civil War Monitor* and won the Abraham Lincoln Institute’s 2015 book prize. A seasoned scholar, tireless researcher, prolific writer and revered teacher, Dr. White received his BA from Penn State University and his MA and Ph.D. from the University of Maryland at College Park. He has received the highest faculty awards for teaching, mentoring, and scholarship at Christopher Newport University.

Glimpses of “Down County” in Princess Anne County

Date and Time: Monday, Feb. 12, 10:00-12:00  
Cost: $10  
Location: VBHEC  
Instructor: Barbara Henley

Course Description:
The southern part of Virginia Beach had its beginning in the mid-1600s as ships sailed into the Currituck Sound through the Currituck Inlet, and settlement occurred along the creeks and shorelines of the mainland. Very little historical research had been done of the area until recently when “local history” became a topic of investigation at the Senior Resource Center. That research will be the source of the presentation on February 12, 2018, when Barbara Henley shares some of the “glimpses of down-county history” which formed the basis for a book by that name, and which continues to be expanded as more and more of the history of the area is discovered.

Credentials/Background:
Barbara Murden Henley is a native of Princess Anne County/Virginia Beach and, like many of the families of the area, traces her ancestors to their early 17th century immigration from England. She has a degree from Old Dominion University in Elementary Education and a Masters in Urban Studies. She has served several terms on the Virginia Beach City Council. With her husband, children and grandchildren, she operates Henley Farm in Virginia Beach.
A Peek Inside “Rear Window”

Date and Time:   Tuesday, Feb. 13, 10:00-12:00  
Cost:            $10  
Location:        VBHEC  
Instructor:      Bill Myers

Course Description:
Alfred Hitchcock's "Rear Window" is as entertaining and suspenseful today as it was when released in 1954. As usual with a Hitchcock movie, there is a lot more going on than may first appear. With Hitchcock expert Bill Myers as your guide, observe why this is really a movie about watching movies, discover a producer's revenge in-joke, and find out how Alvin and the Chipmunks are tied in. 
NOTE: This presentation may run a bit longer than our two-hour allotted period.

Credentials/Background:
Bill Myers is 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 included major radio and television production, including jobs at Channel 3, CBN, WNIS and TCC. He has long been an enthusiastic Hitchcock fan.

The Socrates Club

Date and Time:   Monday, Feb.19, 10:00-12:00  
Cost:            $10  
Location:        VBHEC  
Instructor:      Roshan Talreja, M.D.

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

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

Date and Time: Tuesday, Feb. 20, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Dr. Sara Sewell

Course Description:
This class examines contemporary Russian society and politics. Beginning our investigation in the 20th century, we study how Russia’s history has contributed to current social, cultural and political developments. Some of the topics to be discussed include diplomacy, democracy, the press, gender relations, and counter-cultures.

Credentials/Background:
Dr. Sara Sewell is a cultural historian currently teaching at Virginia Wesleyan University. She has a Ph.D. in European Cultural History from the University of Wisconsin and does extensive research in Europe. Her research focuses on Germany in the 1920s and 1930s. She has previously presented to ILR on the French Revolution, the Rwandan genocide and Germany since the fall of the Wall. She is Executive Director of the Lighthouse: Center for Exploration & Discovery.

Bulls-Eye at Midway: The Life of U.S. Navy Dive Bomber Pilot, N. Jack “Dusty” Kleiss

Date and Time: Wednesday, Feb. 21, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Laura L. Orr and Timothy Orr, Ph.D.

Course Description:
On June 4-6, 1942, the U.S. Navy won an incredible victory in the waters around Midway Atoll. In one day, the U.S. aviators destroyed four Japanese aircraft carriers, avenging the defeat at Pearl Harbor and changing the momentum of the Pacific War. One Battle of Midway veteran—Dusty Kleiss-- lived to be 100 years old. Kleiss, the only pilot to hit three Japanese ships during the battle became the last living member of his squadron. Toward the end of his life, he set out to tell his version of the battle which differed markedly from the existing histories. Come learn about his fascinating life and his posthumous memoir, “Never Call Me a Hero”, from his co-authors, Tim and Laura Orr.

Credentials/Background:
Laura Orr, Education Director at the Hampton Roads Naval Museum has worked as Education and Volunteer Coordinator at Fort Monroe’s Casemate museum, as an historical interpreter at Stratford Hall and Gettysburg National Military Park. She received her B.A. from Penn State University and her M.A. in Public History from the University of North Carolina. Dr. Timothy J. Orr is associate professor of history at ODU. He graduated from Gettysburg College and earned his Ph.D. at the Richards Civil War Era Center at Penn State University. He has been a ranger at Gettysburg National Military Park, is an author of several books and has appeared on TLC’s “Who Do You Think You Are?” helping singer Kelly Clarkson trace her Civil War ancestor.
Mary Rowland: a Norfolk Heroine

Date and Time: Thursday, Feb 22, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Robert Hitchings

Course Description:

Mary Rowland was a native of Norfolk, Virginia. She left for her own safety at the beginning of the Civil War, but soon found herself volunteering her services for the Confederacy as a nurse at Chimborazo Hospital in Richmond. Mary kept detailed records in a diary which was published in Christ Church Chronicles of old Norfolk and the Civil War. This is the story of this Norfolk heroine who slipped through the cracks of time.

Credentials/Background:

Robert Hitchings is the Genealogist and Historian for the the Norfolk County Historical Society. A graduate of Old Dominion University, he has made many trips to study abroad. He was the Genealogist and Historian at the Norfolk Public Library for many years and is currently serving in that capacity at the Chesapeake Public Library.

Dealing with Mystery in My Life

Date and Time: Monday, Feb. 26, 10:00-12:00
Cost: $10
Location: VBHEC
Instructor: Jim Parke

Course Description:

Would that our lives were more simple, less complicated! How can we journey well with the contradictions and complexities? Maybe we can!

Credentials/Background:

Father Jim Parke is Volunteer Director of the Office of Volunteer Resources in Virginia Beach. He has been a priest for 48 years, as well as pastor of 4 churches in the Diocese of Richmond. He has been a principal and pastoral leader for a seminary college. Father Parke holds an M.S. degree in Theology from St. Mary’s Seminary and University.
Facing the East: Africa and China in the 21st Century

Date and Time: Tuesday, Feb. 27, 10:00-12:00  
Cost: $10  
Location: VBHEC  
Instructor: Patrick Mbajekwe, Ph.D.

Course Description:

One of the most dramatic transformations over the past decade and a half has been the growing economic and political influence of China in Africa. In addition to staggering growth in trade, China has been investing heavily in infrastructure, technology and businesses in Africa. Along with economic connection are increasing cultural interactions between Africa and China. Chinese language and culture are spreading rapidly in the continent and large numbers of Chinese have immigrated to African countries to work and trade. Similarly, thousands of Africans have been steadily migrating to study and work in China. It looks like Africa is beginning to turn to the east.

Credentials/Background:

Dr. Patrick Mbajekwe is associate professor of history and Associate Director of the Joseph Jenkins Roberts Center for the Study of the African Diaspora at Norfolk State University. He received his M.A. from the University of Lagos, Nigeria and his Ph.D. from Emory University, Atlanta, GA. His areas of research include the social and economic history of colonial and post-colonial Africa. He teaches courses on African and World History.

Lucia Di Lammermoor

Date and Time: Wednesday, Feb 28, 1:00-3:00  
Cost: $10  
Location: VBHEC  
Instructor: Glenn Winters, Ph.D.

Course Description:

This will be a preview of the Virginia Opera performance of this opera.

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.
Air Plant Terrarium Workshop

Date: Friday, January 19, 2018 at 10:00 a.m.

Location: Hinterland Trading, 172 Central Park Avenue, Virginia Beach, VA 23462 (in Town Center)

Join fellow ILR members in a class to challenge your creativity, using succulent plants. Come home with an 8-inch glass fish bowl with five air plants arranged along with a selection of decorative items provided by Hinterland Trading. The instructor and helpers will explain and assist students to assemble and care for their creation.

Cost: $35, including all materials!

Maximum # in Class: 60

Sign-Up Deadline: Friday, Jan. 12, 2018 (no refunds after deadline)

An ILR Social Committee Event
Coffee and Conversation

Date: Wednesday, January 10
Time: 11:45 – 1:00pm
Place: 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. Because of rising costs, we must now charge $5.00 for this event but we think you’ll agree it is still a bargain.

We particularly hope to meet the members who will be attending the class on Michelangelo and Da Vinci.

Remember to wear your name tag!

Hope to see you there!
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 9th, 2018

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.

Deadline ~ January 31st, 2018

Limit ~ 45 people

An ILR Social Committee Event
ILR members’ interests and experiences vary widely, which makes for a rich environment for discussion, exploration of new ideas, and new friendships. ILR wants to provide an opportunity for members who joined during 2017 and have never attended a new member get-together to meet informally to find others with similar interests who might become new friends. Additionally, there will be a short presentation on the history of ILR and how it works. The cost is $1.00.

Finger foods and beverages will be offered while you learn how ILR works. We’re looking forward to seeing you.

Directions: Head west on Princess Anne Rd. from ILR (ODU/VBHEC) past Independence and Lynnhaven Parkway intersections. After Lynnhaven Parkway, stay in the right lane. In about half a mile, just past the school fence, take an immediate right onto Ivywood Rd. (Princess Anne Gardens Condominium). The Clubhouse, 1450 Ivywood Rd., is directly ahead on the left side of the street.
Great Decisions 2018
The ILR Great Decisions Group continues in 2018

Great Decisions is America’s largest discussion program on world affairs. The program, prepared by the Foreign Policy Association, 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.

This year’s topics for Discussion are:

- The Waning of Pax Americana
- Turkey: a partner in crisis
- Russia’s foreign policy
- U.S. Global Engagement and the Military
- China and America: the new geopolitical equation
- South Africa’s fragile democracy
- Media and foreign policy
- Global health: progress and challenges

Great Decisions meets once a month at the Higher Ed Center to discuss a topic. Currently we are planning the first session for Tuesday March 6th from 10 AM to 12 Noon, and on the first Tuesday of each month thereafter, through September 2018. 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 2018 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.
ILR Book Group
Continues Reading and Discussing

If you love to read, come join our group!

Our very own Book Group meets the 3rd Tuesday of the month from 1:00-3:00 pm, in room 210, except for December and July. We pick two books (a fiction and a non-fiction) 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!

JANUARY 2018

Fiction:  Circling the Sun by Paula McLain

Non-Fiction:  When in French by Lauren Collins

ILR Dog Walk

Dave Hamby and Judy Schooley are bravely continuing First Friday Dog Walk during the winter quarter. Meet Dave, Judy, Crash, Missy, and Nick to walk the Story by the Sea neighborhood and nearby bay front. We meet at 10 AM behind the Shore Drive and Great Neck Road Food Lion and walk the “Shore Drive Trail” neighborhood streets, and beach front. We’re planning to walk on January 5, February 2, and March 2. If ODU closes for weather, we’ll cancel, and, also, if the temperature is below 40º.

Story by the Sea is one of the older bay side neighborhoods that has been kept up and modernized. The homes, gardens, and neighbors are friendly and interesting. The neighborhood is sandwiched between the Bay and Lynnhaven River west branch between Great Neck Road and First Landing State Park. The trail joins the First Landing trail network and the brave can walk to 64th Street. A nearby Taste provides opportunity to lunch with your hounds.
Spring 2018 Co-Curricular Events
ILR Members: Join us for these events! Park in Lot 3
Check our website for updates: odu.edu/vabeach

January
16 & 30 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

February
13 & 27 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

March
13 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

13 Visual & Performing Arts Academy Senior Thesis Art Exhibit
   Exhibit runs March 1-27       Atrium
   Reception March 13 5-7pm      Atrium

15 Women’s History Month: Remica Bingham-Risher
   Including reading from new book Starlight & Error
   12:30-2pm                    Lecture Hall Rm 244

15 ODU Graduate and Professional Development Fair
   5-7pm                        Atrium

27 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

April
10 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

11 National Poetry Month: Elaine Fetcher Chapman
   Including reading from new book: Hunger for Salt
   12:30—2:00 pm                 Lecture Hall Rm 244

17 Wellness Wave
   Biometric Reading in Atrium @2:30pm
   Activity Session 3-4pm       Room 239

ODU Virginia Beach 1881 University Drive (757) 368-4108
EVENT:       Annual ILR Meeting and Luncheon
DATE:       Friday, March 23, 2018
WHERE:      Westminster Canterbury
PERFORMER:  Comedian Tom Holaday

For over 20 years, Tom Holaday has worked as a stand-up comedian during summer breaks – when he wasn’t teaching PE and coaching high school football and wrestling. Now retired, Tom has performed in 15 states, speaking at corporate functions and comedy clubs about his life as a father, teacher and coach. All can relate to the clean comedy of Coach Holaday’s life stories.

The Physical Benefits of Laughter

- Laughter causes you to slow down and breathe
- Laughter slows down your pulse
- Laughter increases circulation
- Laughter lessens muscle tension
- Laughter lessens the heart rate
- Laughter aids digestion
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 two weeks of receipt of your Registration, for each class, to notify you of 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 3 places:
   1. On white placard board, if you come in through the front entrance, in Atrium, or
   2. On the ceiling-mounted TV monitor, near the Waves Café, in the Atrium
   3. On the door of the ILR office (room 125), if you come in through the back entrance (from Lot #3)

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

Yes, guests are welcome, if space is available, as members always have priority.
Simply call the office to see if there is room.

Note: the event fee must be paid, and an individual may attend, as a guest, only once per year.
When You Park on the VBHEC Campus,

you must have a current parking pass...

You want **THIS**... looking ‘**OUT**' of your windshield!

(It’s FREE) 😊

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

(It’s $75) 😞

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ODU PARKING PASS

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ODU CITATION

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

Thank you

Notes:

- ODU parking passes are **only** issued to members who sign up for classes on the VBHEC campus. The passes are good for 6 months. When they near the expiration date, new ones are issued, if the member signs up or is signed up for more classes on the VBHEC campus. If you have any questions, check with the ILR office.

- For visitors without a pass, there are parking meters in front parking lot of VBHEC and in Lot 3.

- Those with handicap tags, also need a parking pass.

- If you forget, or lose your parking pass, call or stop by the ILR office for a replacement. ILR issues the passes, not ODU Parking Services.